





35793/18/1  
18

John Hunt Esq

Purchased Bridge  
Over Westminster

July 26th 1824.

Lock & ...  
are the ...  
after the Birth of ...  
of membranes  
at birth.  
...  
... which are  
extracted ... is worn -



The Tincture of Rhubarb and Tincture of  
Bark 6<sup>2</sup> per ounce each, most capital  
Tonic Medicines -

vide page 233 - "If any one Medicine, can  
perform many cures and prevent more Diseases,  
it must be such a one, as consists chiefly in  
Rhubarb and Bark."

p. 234 - Recipe -

The following will be found to promote Digestion,  
strengthen the Coats of the Stomach, keep it free from  
acridities, and at the same time will promote one  
stool, and rather in force than weaken of viscera.

Take fine Rhubarb sliced, one ounce;  
Best Bark in Gross Powder, one ounce  
and a half; Orange Peels cut small;  
Calamus aromaticus Zedoary Galiugals  
of each, (sliced) two drachms; Saffron  
Cochineal and Salt of Wormwood,  
of each One Drachm.

Let these Ingredients stand forty eight  
hours in three pints of Mountain close stop'd  
in a Glass vessel, then strain the Tincture  
off, and afterwards put half the quantity of wine,  
and let it stand upon the Ingredients a Week,  
Such whose Stomachs will not so well bear a  
strong menstruum may put one pint of Water to  
a quart of Mountain wine. Two or Three  
Spoonful of this Mixture Tincture, taken  
upon an empty Stomach early in a Morning  
or very late at Night, will be of great use  
upon many accounts, it must be repeated  
occasionally, and the dose proportion'd likewise

John Hurst Esq.

July 26<sup>th</sup> 1824

purchased in Bridge  
Court, Westminster

London



W. W. W. 1831 82093  
Practical Observations

P H Y S I C K

Wherein is EXHIBITED

The ÆTIOLOGY, or the *Rise* and *Nature* of  
the most PREVALENT

D I S T E M P E R S,

With a plain, rational and concise METHOD  
of treating them.

Setting forth the bad CONSEQUENCES arising from  
the improper Prescription of those, who often take  
SYMPTOMS for Real CAUSES, and as often by op-  
posing NATURE, when she is endeavouring her own  
Relief, make trifling DISORDERS obstinate, if not  
fatal DISEASES.

With a New HYPOTHESIS

Concerning the CURE of APOPLEXIES, PALSIES,  
and many Nervous COMPLAINTS.

As also of the G O U T.

To which are added

*Rules and Directions* how to preserve Good  
HEALTH and Long LIFE.

Adapted to all CAPACITIES.

\*\*\*\*\*

*By the late* SIMON MASON, Apothecary.

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BIRMINGHAM: Printed by T. WARREN, jun. near  
the NEW-CHAPPEL, MDCCLVII.





May 22<sup>d</sup> 1826

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May the 22<sup>d</sup> 1826 James Kerbitt  
Halmer (my God Child) went to  
School to Miss Wilson No 2  
Cottage place, Carlisle place  
Lambeth, Surrey. at 4<sup>d</sup> week —  
said Child INH 3 years and a  
month and somewhat older —

John W. Doig  
Accept to Education? Child GE —

---





*To* Dr. PETER SHAW,

PHYSICIAN *in* Ordinary *to* his MAJESTY.

S I R,

**P**ERMIT me, with the utmost Humility,  
to lay before You, these imperfect, yet  
well-meant Endeavours, towards the Im-  
provement of a noble, useful and extensive  
Science, at the Head of which, your great  
Merit hath most justly placed You.

As your superior Knowledge in the Art  
of Healing, has gained You universal Es-  
teem, so have your Humanity and Compassion,  
made You equally admired and beloved. Pre-  
judice and Partiality are Strangers to a  
Breast that glows with Charity and Benefi-  
cence. The Proofs I have already experien-  
ced of your good Disposition, emboldens me  
humbly to intreat your Acceptance of this  
imperfect ESSAY.—I am sensible it contains  
Nothing worthy the Notice of your superior  
Judgment, yet should any Thing be found in  
it helpful to Persons of much inferior Quali-  
fications,



## D E D I C A T I O N.

*fications, it can no Way displease a Gentleman, whose sole Study and Pleasure, is the Good of his Fellow-creatures; and could I entertain the Vanity to think it thus far beneficial, your Approbation alone, will be sufficient to disperse those gloomy Clouds, which retard the most assiduous Efforts I am able to make in my present retir'd and obscure Situation.*

*To your great Endowments, may propitious Heaven add a Series of good Health; long to continue You an Ornament to your Profession and a Blessing to Mankind, is the sincere Wish and fervent Prayer of,*

S I R,

Your most dutiful, and

Very obedient SERVANT,

Simon Mason.





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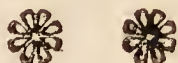
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## E R R A T A.

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T H E  
P R E F A C E.



THE chief Motive which engages me in an Undertaking of this Nature is, a Desire of being beneficial to Others, and doing Justice to myself; and altho' my Abilities may be unequal to the Task, of advancing any Thing worthy the Notice of the Learned, and Judicious, yet the long Acquaintance I have had with Distempers, and Medicines, their Operations, and Effects, with a strict Attendance upon various Symptoms, and repeated Observations, of both good and bad Success, may enable me to offer some Remarks and Instances, that will give Hints to Others, who may greatly improve what I do faintly aim at, and may also contribute in some Degree, to assist those who have not had the same Opportunity of a long Practice and large Experience; without which

A                      Advantages



Advantages Knowledge must be imperfect, and Practice uncertain, and doubtful.

To understand the Original of Distempers, is a great Step towards knowing how to treat them ; to distinguish rightly betwixt Causes and Effects, must give great Light into the Nature of the Disease, and as Symptoms are only natural Indications, which obviate the Genius of the Illness, we ought to be very observant, what Relief those Symptoms seem to point at in Order to extricate our Patient, and to promote that Symptom, which from repeated Observation and Reflection, hath (when properly attended to) speedily brought Relief, and often wrought a Cure. I say a true Knowledge of the first Causes of any Distemper, and a thorough Acquaintance, with Symptoms, are the most likely Steps to make our Practice successful; and 'till we have acquir'd so much concerning the Illness of our Patient, we are as likely, (or I may say more likely) to do hurt, than good. But how many are there, (too many, I can from Observation affirm) who as little understand primary Causes, as they do proper Application.

A F T E R

AFTER a due Examination of our Patients Case, and a right Knowledge of it's Symptoms and their Tendencies, the next Requisite is, a competent Skill in Medicine, and to administer such, as join Hand in Hand with Nature, to assist her Endeavours, and not abruptly to oppose them; and when her own Efforts, become faint and languid, by a long obstinate Illness, there gently to raise her, and when she acts too powerfully, then to lay a mild Restraint upon her. The Quantity and Quality, must be discretionary proportion'd, to the Difference of the Illness, and of the Age, Sex and Constitution also; for this I affirm for a Truth indisputable, that the same Distemper, is not the same in any two Persons, and consequently the same Treatment, that is, the same Medicines that may do good to one, may do hurt to another; altho' the Medicine of itself is a good Medicine, and hath proved beneficial to many: this the Judicious wisely vary according to the Indications of the Symptoms.

THE two grand Requisites to make a Man useful in the Art of Healing, are Judgment, and Honesty; a Man of Judgment, is one not



only endued with Learning, to enable him to read the ancient Authors, and Others, the most eminent Physicians, but to his long Studies, has added a strict Application, with frequent Observations, and Reflections, from Practice and Experience; he also must be a Man not only of Diligence, Learning and great Practice, but he must have a Sagacity, and Genius peculiar for that Art, or Science, or he will make but little Proficiency, towards being truly useful in his Profession.

PRACTICE and Experience, to a Capacity not capable of justly distinguishing Causes, and Effects, will be of little use. A Distemper may be cured, and got through, and the Patient escape with his Life, and the Practitioner gain great Applause, from his judicious Treatment, when perhaps, not one Means used, or Medicine given, was beneficial, but too often the contrary, by crowding in a Load of incoherent Stuff, if not hurtful and pernicious; and this not by Design, but (to use a more favourable Word) thro' Ignorance, whereby a Distemper, which in all probability was some trifling Complaint at first, has been made painful

*The* P R E F A C E.

v

ful, and tedious, hazardous, and expensive; which, with great Danger, and Difficulty, Nature had carried him thro' in Spite of all Opposition; what Advantage can Experience be to such a Practitioner? otherwise than what accrues from his Patient escaping with his Life, and a long Bill to pay, I can't say for doing Nothing, but Something worse than Nothing.

LEARNING and Experience are two the most requisite Qualifications, joined to Honesty, to enable a Man to shine in his Profession, and without these three Requisites, no one will acquire any useful Knowledge, tho' his Diligence and Application, be never so assiduous.

THAT Man who is endued with a Knowledge of the Learned Languages, capable of reading the Works of the most eminent Writers, in their native Tongue, a Student in either of our famous Universities, under the Tuition of some eminent Professor of Physick, and well instructed in the *Materia Medica*, *Anatomy*, with other Philosophical Improvements, and has taken his regular Degree, and from the Rostrum receiv'd a *Descēdas cum honore*, must still  
add



add to his Studies, the Practical Knowledge of our Hospitals, the greatest Advantages, I may say, any where to be met with; such an Education as this, to a Gentleman who is posses'd of all natural Endowments, that can be wish'd for, must truly qualify him, for the Practice of Physick, and must make him a true Disciple of *Æsculapius*, and Son of *Hippocrates*, such as a *Shaw*, a *Taylor*, *Heberden*, with many others of great eminency in *London*, and our two Universities, and other Parts of this Kingdom, many of which I have lately waited on, and receiv'd Favours I shall always esteem; and here I cannot but lament the Loss, of that late honest Gentleman, and eminent Physician, *Dr. Thomas Wallis*, of *Stamford*, whose Memory will be to my last Moments most rever'd, for the many Marks I have receiv'd of his Esteem and good Opinion. Under no less Obligations am I, to that most valuable good Gentleman and eminent Physician the late *Dr. Richard Mead*, whose Favours as long as Time shall last, I shall most gratefully acknowledge, but in particular I'm by the strongest Ties of Gratitude bound to acknowledge my great Obligation to that most ingenious and eminent Physician,

Physician and humane Gentleman Dr. *Cornwall Tathwell*, of *Stamford*, whose great Abilities in his Profession, will render him very useful in that Neighbourhood; as also I have a grateful Sense of Dr. *Bukins* Favour (another eminent Physician of *Stamford*). A Succession of Gentlemen like these, with such Qualifications, must be very desirable, being a Universal Blessing, to a Nation whose Inhabitants are afflicted with various Diseases. But as all Parts of the Country are not blest'd with skilful Physicians, many Persons (especially the poorer Sort) fall under the Care of their neighbouring Apothecaries. An Apothecary, who is a Man of Knowledge and Experience, Diligence and Sobriety, Compassion, and Honesty, is very valuable, and capable of being useful in his Employ. As I was bred myself in *London*, under an eminent Citizen, and one of the honourable Company of Apothecaries, I had an Opportunity of knowing many of the Profession, very skilful, able Men, and some in the Country, who have been properly instructed, and who have sedulously applied themselves, both to the Art of preparing Medicines, and the Study of their

Virtues



Virtues, and who have taken all possible Pains to inform themselves, of the Nature of the Diseases, by observing from every Symptom the Variations of an Illness, and recollecting, what Method in such Cases, has been most successful, tho' absolutely, no general Method is to be relied on, but a Man may collect from past Success, some useful Reflections, and being posses'd of so much Sagacity, as by a few Alterations, to make it agreeable, not only to the different Age, Sex and Constitution of the Person, but to the Distemper, and the Season it happens in, he may so qualify himself, as to be of great use to his Patients. But as Persons with such Endowments, are rarely met with in this Part of the Country, (unless at *Harborough*) it may not be improper, to offer some general, useful Directions, collected from strict Observations and long Experience, with many Instances and Cases to establish a Practice, both rational, honest and successful; an Undertaking of this Kind, must be useful to such, who are neither too wise or too obstinate to be improved, and be of universal Benefit, to those, who labour under Illnesses, and fall under their Care.

As skilful, honest Practitioners, are Men who justly merit Esteem and Encouragement, so do those of opposite Qualifications, deserve Disregard and Contempt, but too often we see one, who has only Knowledge enough, to impose upon the Ignorant, greatly encouraged, when true Merit, is quite overlook'd, and an ingenious honest Man is starving; and since a Person who can find out the Art of pleasing, and deceiving, is most acceptable to his Patient, and advantageous to himself; and that Person who can flatter, play the Hypocrite and adapt his Behaviour, to his Patients Temper, will find it much better answer his End, which is Interest, than if he never so well understood his Distemper, and was able to relieve him; a Man whose View is getting Money, must to different Persons, as much alter his Behaviour, as he must in different Distempers his Medicines.

To the grave, sober and religious, his Gesture and Deportment must be so too, to the gay, fashionable, polite, witty, licentious Person, he must tack about to the reverse of what was before suitable, and swear, talk bawdy, drink, despise Religion, and every commendable Virtue; and it matters not so much (to answer



the Purpose of Gain) whether or no he gave one Medicine, that was helpful in his Illness, nay if they were quite foreign to the Recovery of the Patient, if his Doctor did but suit his Temper, his End was better answered by being well pay'd and continued in Favour. Now he that can act this Farce artfully, may make it answer well.

A Man who hath Knowledge in the Art of Healing, as well as in the Art of Pleasing and Deceiving, and has a flexible easy Conscience, without restraint of Religion and Virtue, and can turn himself either to the Tempers, or Dis-temperers of those he is called to, is very likely to answer his own Purpose, if he don't his Patients, and I can't say but even one of this Stamp, who is capable of Playing with both Hands, is preferable to him, that can play with neither.

ANOTHER Sort of Men there are of very low Abilities, and who have not Wit enough to act either of these Parts, who will cringe, fawn, make a Bow, and upon Occasion be kick'd, or undergo the Discipline of an Horse-whip, or any mean Thing, to keep in Favour, and will play a few antick Tricks that please;  
such

such stand a Chance to be continued for some Purpose.

A M O N G S T the many Qualifications, to enable a Man to be acceptable and employ'd in his Profession, I could never have thought the following Recommendatory, which I was told by an Apothecary, in this Neighbourhood, who said the Reason his Brother Apothecary in the same Town did not thrive; was his not being happily accomplish'd, but a poor stupid sheepish Fellow: This Man, says my Acquaintance, is not likely to have any Business, for he can neither drink, swear, talk bawdy, nor tell a merry Story, but is so damn'd modest, that if any Man in Company, swears an Oath, or talks a Word of Bawdy he directly quits the Room, and our country Farmers, have no Notion of such Creatures, as can't drink, swear &c.

S U C H Qualifications as these, may suit some merry Fellows over their Cups, but how agreeable they would be in a Sick-chamber, by the Bed-side of a dying Person, I leave the more sober Part of Mankind to judge.

A N O T H E R



ANOTHER Sort of Persons, who have Employment tho' they very little deserve it, are those who have been long made use of, and survived most of the Families they have been employ'd in; for this is a Reason with some People to continue them, from Generation to Generation; because they have had the dispatching of most of their Ancestors, they must have learnt great Experience, and well understand the Constitution of the Family. This Notion of being acquainted with Constitutions, keeps many an ignorant Person in good Business, tho' he neither understands any Constitution, nor any Part that constitutes such an House of Mortality. Indeed where one may escape to a good old age, and the *Filius Natu Maximus*, begins to think his Father has stood too long in his Way, he may have Reasons to continue this Constitution-monger, for a Purpose he is most likely to answer.

ANOTHER who pretends to little Knowledge in curing, is ever recommending the goodness, and quantity of his Drugs, and rails against the more skilful, for not having so many, and as he wou'd insinuate, not so good. Such a Person should be look'd upon as a Medicine-Vender, or Drug-seller, and one little to be esteem'd

esteem'd for a quantity of Drugs, he knows not how to make use of, to the advantage of his Patient, altho' he does for his own. But even such a Person as this, must confess, that all the mighty feats that are done by Medicines, are done by a very few, properly given: and if his necessitous Brother, has not so many Drugs, he has more Brains, that Drugs are to be Purchas'd, but a new stock of Brains, or an amendment of those he has, are never to be obtain'd; and farther, well would it be for many, had such Persons less Drugs, unless they had more understanding to use them, for often the Quantity, and power of those Medicines make him liable to do great Mischiefs, and seldom any good, such Persons as these being like destructive Weapons in the Hands of Mad-men.

W E have in this Part of the Country, two or three other Sorts of Practitioners, that make great Gain of their Deceptions and Impositions, upon the Poor illiterate People, and upon some of Learning and Fortune too, who may blush to see their Follies represented in applying to any of these *Legerdemain* Artift's. Can any one who would be thought to be a Man of Learning, Religion or common Sense, so much



much impose upon his own Understanding, as to think his Illness can be conjured, or charmed away; neither is it less ridiculous for them to believe, any Man is as capable to form a Judgment of a Disease and its Symptoms, by a Person seeing his Water only, as an honest judicious Practitioner can, who as well, if not better, knows the Diagnosticks of the Urine, and at the same Time, examines the Tongue, feels the Pulse, and makes all requisite Inquiries, to discover the Nature of his Patients Illness, with its Symptoms, their Indications and Tendencies &c.

I don't so much wonder at the low weak People's believing that a Man who tells, or by Chance hits upon some Part of a Persons Disorder by Water, to be a Conjuror inspired, or a white Witch; who has a Talent of thus deceiving the poor country People by his Piss-Craft. But what more surpriseth me is, to see Persons (tho' but very few) after having been under the Care of the skilful, send 30 or 40 Miles, more or less, Post-haste, with a Phial of Piss, to one of these crafty Urine-mongers: As soon as the Messenger arrives at the Doctor's Town, where he has a particular Inn, for his Patient's Messengers to stay at, till he can spare Time to see them,

them, the host is in the Secret with the doctor, and from the Informations of my Landlord, or cunning of his Wife, or Servants, the Doctor receives more Information, than what he can obtain from the Urine, and when he has by these Agents got a few Hints, of the Person's Case, the Messenger is admitted, and the Doctor displays his Eloquence, with a Relation of the Person's Case, with such Circumstances, and strange Accidents and Events even for an Age past, that the poor deluded Country-man, after recovering his Astonishment, from the wonderful Account the Doctor had given him, breaks out into Expressions of Admiration, at his great Knowledge, in the Discovery of the Case, and so many remarkable Incidents, which had happen'd several Years before. This answers the Doctors Purpose exceeding well, for unless the Doctor had told him so much, in Relation to his Masters Illness, *John* had Orders to bring no more Medicines, than three and six Pence would pay for, but upon the Doctors enquiring how much Money he had brought, which was ten Shillings and six Pence, the Doctor thinks it quite requisite, to send as much as would engross the whole Sum; in this I think the Doctor greatly shew'd his cunning, for since his Business is to get Money, the  
more



more the better, for his Purpose; and upon *John's* returning Home, with a large Bundle of Herbs, Pots and Glasses, and a written Account of his Master's Case, and Directions, with full Assurance of Cure, the Medicines are taken with so much Faith, that if Faith is preferable to Works, the Patient stands a good Chance to be cured, without the Operation of Medicines.

SOME times the Doctors are put to their Wits, when an artful Fellow swears, he'll see whether the Doctor is a Conjuror, or not, for the devil a Bit, shall he get a Word out of him, whose Water he has got, or what the Distemper is.

A Country-Man who thought himself a Match for a Piss-Doctor, went with a Water, and a Relolution that he wou'd see whether the Doctor was able, to tell him, whose Water he had got, or what the Distemper was; upon his accosting the Doctor, he ordered him to his Inn, being so engaged then, that he could not possibly examine the Water, but would send for him, as soon as he was at leisure, or what is to be understood by that, put off, till by his Agents, he could get some Information, of the  
Occasion.

Occasion of his Errand; this Country-Man kept himself upon his Guard, and talked of indifferent Matters, so that the People of the House, could get Nothing out of him, to answer their Purpose; and after his staying a Day and a Night, expecting the Doctor's sending for him, being impatient, he was resolved to go Home; this being told the Doctor who knew no more where he came from, or whose Water he had brought, or what Distemper it was to represent, than the farthest Man living, he directly makes use of the following delusion; a Man presently appears at the same Inn, with a Water he pretends he had brought upwards of 100 Miles for the Doctor's opinion and Medicines: This Man soon falls into discourse with the Man who had been waiting a Day or two for the Doctor's leisure, to be dispatch'd, and the last Person of the Doctor's sending begins thus, " Friend art thou come to this famous Doctor for his Advice? I'm sure I am come above an hundred Miles; he does wonderful Cures we hear, and if he sets up my Mistress, as he has lately a Woman in the same Parish, by only seeing her Water, I shall think him something more than a Man, for my Master charg'd me not to tell him a Word whose



Water it was, or my Dame's Illness, 'till he had told me himself:" Wounds! cries the Countryman, you and I are both upon the same lay, for faith I have no Notion of Conjurers, and I am sure, if he tells me any Thing from the Water, he must be one, for he shall get Nothing out of me I am resolved.

THE Doctor's Piss-agent, is now setting his Wits to work how to pump the Countryman, he puts the Glass about and begins to say something of his Errand, in order to extract some Intelligence from him. The Landlord after Dinner, would take a Pipe with them, if not engaged, which they both agree too, but the Doctor's feign'd Messenger, tells the Countryman, not to mention a Word of the Matter, before the Landlord, for fear he should acquaint the Doctor, with any Particulars of his Business, which was resolved on by both.

MY Landlord being call'd away, the Doctor's Emiffary begins in a low Voice, to relate some Particulars, of his pretended Errand, but the Landlord returning soon, he immediately stop'd, and began another Subject, till my Landlord left them a second Time, when he artfully told the Man, that the Landlord nor  
any

any one else, besides himself, should know what he came about; and then proceeded, with an Account of the Place he came from, and whose Water he had brought, which was very like that, the real Countryman had brought, and many of the Complaints this cunning Fellow mentioned, tallied with those of the honest Countrymans.

THIS Delusion, with the Power of my Landlord's Ale, answered the Purpose, for the Countryman, told this false Friend, as much as he desired to know, who soon taking an opportunity of going out, under a Pretence of seeing his Horse, went directly to the Doctor, and let him into the whole Secret; the Doctor was soon at Liberty, to display his magick Power, to the great Astonishment of the deluded Countryman, who most willingly parts with his Money, receives the Packet, and returns with so much assurance of the Doctors Conjuraton or preternatural Knowledge, that he don't only believe, the Doctor to be a wonderful Man, far exceeding any before heard of, but he made all that Country believe so too.

AN Instance or two more I shall advance, to convince you of the Delusions made use of,



by these Impostors. A Gentleman of great Probity, whose Veracity I can't suspect, told me this following Story of a Piss-doctor and his female Patient.

A young Woman who had heard much Fame of a Doctor in her Neighbourhood, for curing Distempers, that all other Doctors had given up as incurable, being inform'd by a Neighbour, who was going with a Water, to this Doctor, offer'd her Service to accompany her, which she accordingly did, and they both the next Morning, with their different Waters and with different Complaints, waited upon the Doctor. The Woman who had been with this Doctor before, had her Business soon dispatch'd, but this artful young Lass, put the Doctor to his *Ne Plus Ultra*, with her Water, as he could get no Information from her. The Doctor after several Shakes of the Phial, and as many significant Inspections, seeing some Streakes of Blood and Matter in it, from which the Doctor concludes it to be a Damage by a Bruise, from a Blow, or Fall, which had wounded the Kidneys, or Bladder, but most likely the Kidneys, begins to shew his Conjurat[i]on, by guessing, that the Person had received a violent Fall, and

as it happen'd in the Morning, he guess'd 'twas coming down Stairs ; as this happen'd to be true, the Girl was surpris'd, and began to think the Doctor some Demi-devil, and said well Sir all this is true, and if you can tell me, how many Stairs my Mother fell down, I shall then really believe you are a Conjuror ; this Hint the young Woman gave him, by saying 'twas her Mother, prov'd of Use, for the Doctor, by the Appearance of the young Woman, guess'd also, what her Mother must be, and what Sort of a Cottage she lived in ; after a little Pause, and looking wise, with a few Grimaces, he said, your Mother fell down twelve Stairs, which he imagined was the Height of the Room ; no, the Girl reply'd, you are out Doctor, for she fell down fifteen, the Doctor (as these Sort of Deceivers ought to have their Wits about them) directly ask'd the Girl, if there was all the Water, her Mother made, she told him no, the Phial would not hold it all ; how is it possible (replyed the Doctor) for me to tell how many Steps, or Stairs, your Mother fell down by the Water, unless you had brought all the Water, 'tis very evident, and plain to me, that there are but twelve Stairs in this Water, and the other three, must be in the Water you left at Home.

I THINK



I THINK the Answer made to a Woman, by an eminent Phyfician, (who had brought her Husband's Water for his Examination, that he might thence discover the Illnefs he labour'd under, and order him fome Medicines for his relief) is fufficient to expofe the Falſity of Piſs-doctors, and ſhew the little Dependance, there is from the Water only, to know the particular Caſe, and Symptoms, ſo as to be able to form a Judgment, what's proper for them.

THE Phyfician after receiving the Water from the Woman, ask'd her what Trade her Husband was of, ſhe told him, a Boot-maker, he retiring, and filling the Urinal, with his own Water, on his return ſays, Woman, take this Water to your Husband, and if he can make me a Pair of Boots, by the Sight of my Water, I will undertake to cure him by the Sight of his.

THESE Stories, and many more of the ſame Kind, have long before now been often told, I ſhall only advance one or two more, of my own Knowledge, which I aver for Truth, and then ſhall leave theſe Gentlemen to carry on

their

their gainful Trade, or delusive Juggle of Piffs-  
inspectors, or Water-casters

ABOUT twenty-five Years since, I was going from *Cambridge*, where I then liv'd, to see the Rev. Mr. *Bunchly*, Vicar of *Bourn*, who was at that Time, my Patient in a *Pleurisy*, (of which he recovered, and is living to this Day) a Woman of the same Town brought me a Water, desiring my Opinion of it, and to send what Medicines I thought proper for the Person, whose Water that was; this being a Trade I never practiced, I was at a Loss how to act, I knew what I could learn from the Water would be of little use, towards informing me whose Water it was, and what was the Complaint, and much less how to relieve the Person; but finding this Person had been used to send the Water to others, in that Neighbourhood, thought it was absolutely necessary to be as great a Magician as some of my Brethren, and accordingly, to give myself Time to conjure, I told the Woman, that the Water she had brought, had been made that Evening, after eating, drinking and motion, and I could not make the same Observation, as I could from a Water, made first in the Morning, I told her, she might leave what Water she had brought



brought, but she must bring me the Water made the next Morning fasting, before work, or fatigue &c.

THERE was in Company, Mr. *Haly*, a Shop-keeper, a very sensible Man, of the same Town, by whose Intelligence, I inform'd myself sufficiently; my Friend told me whose Water it was, her Age, the Particulars of her Illness, and the Cause of it, with other accidental Circumstances, that I, by being so well informed, was able to relate by the Water so much, as I was forc'd to be silent in some Part of my Knowledge, for fear of being suspected, of what I never was taken to be before, a Conjuror.

By eight o'Clock the next Morning, the same Woman came, with another Bottle of Urine, I bid her sit down, and I would examine it, I took up the Water, she had brought me, over Night, and began with that, but did not largely expatiate from that; tho' GOD knows, I could as well, as I did from the last, but then I had betrayed my Judgment, which was to proceed from the Inspection of the last Water, tho' it all came from the Information of my Friend; I thus began; this is a Woman's Water

ter betwixt forty and fifty, she hath a Pain across her Loins, which proceeds either from a Blow, or Strain, some Time since receiv'd ; she has a slight Fever, some Times she's hot, with Flushings in her Face, at other Times, a Chills, a small Appetite, and bad Digestion, imperfect Sleep, wandering Dreams, lowness of Spirits, apt to be surprized at the least Accident: After shaking the Phial, a second Time, I told her, this Water is some Times clear and pale, and then she's more in Pain, at other Times there is a large Sediment, with a redish Cast, and when she makes this Kind of Water, all her Complaints are abated, and she seems much better, and this Water is not the same, as it was soon after she received her Injury, for then 'twas tinged with Blood, and some Matter, fell to the Bottom of the Chamber-pot, after standing a little Time, which I apprehend, was remov'd by Bleeding, and taking Physick, but for want of more Evacuations, and some healing Medicines, with cleansing diuretic Qualities, the grieved Part is frequently in pain, after any Strain, catching of Cold, violent Motion, and the like; I was here interrupted, by the Womans saying, that I understood all her Complaints, as well as if I had attended her from the first of her Illness, and I forbore enlarging

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upon



upon the Subject, tho' I could have told her, what Stile she slip'd on, and received her Damage, and the very Day, tho' 'twas upwards of seven Years before.

ANOTHER Instance, much of the same Kind, fell in my Way, about the Year *Thirty-eight*, when I liv'd in *Hatton-garden, London*; after my Morning's Visits, to my Patients, upon my return Home, I found a Woman in my Shop, having a Basket with some empty Phials, and one full of Urine, talking to my Wife, I asked her what the Woman's Business was, she told me, she came out of the Country to a Doctor, with some Water, with whom she had been several Times, who after examining the Water, us'd to give her Medicines, for which, she pay'd half a Guinea every Month, but the Doctor was, (since she came last) dead, and she had carried the Water to many Apothecaries, and none of them understood casting it, and she was going Home, unless I could give her some Medicines, proper for the Illness of the Person, who had sent the Water. My Wife had often heard me speak of these Water-doctors, and that I had (as I related before) perform'd a great Cure in the Country, upon a Woman who sent me her Water; and know-  
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ing ſhe had got half a Guinea, with the Water, thought proper to detain her 'till my Return, to ſee if I would undertake to conjure for it; in order to get Time, I told the Woman, I was then in an Hurry, but as ſoon, as I had ſent out ſome Medicines, I would ſee the Urine and talk with her. I bid my Wife to take her down Stairs, into the Kitchen, and give her ſome Victuals and Drink, and if ſhe had Cunning enough (after refreshing the poor Woman) to find out whether 'twas a Man or Woman's Water, and if ſhe could get over that Difficulty, I would undertake the Reſt, which by the help of the good Liquor, ſhe ſoon obtain'd, and as ſoon as ſhe came and told me, I bid her ſend the Woman to me: I being plac'd in an Elbow-chair, having a large velvet Cap on, and the Water before me, upon a Table, where I had laid ſeveral Books open, ſome of them had large *anatomical* Cuts, of divers Figures, but I thought that of a large *Skeleton*, would answer my Purpoſe beſt, on which the Woman look'd very ſtedfaſtly; and after ſhaking the Water, and turning over many Pages, that related not a Word to the Water, I then told her.

THIS is a Woman's Water, who is upwards of forty Years of Age ſhe has a Pain in her



Head, and Back, with flushing Heats, and sometimes very Cold, she has little Appetite, but commonly Thirsty, she has restless Sleeps, and Weak with Surprise and Confusion, frightened at any little Accident, is under dreadful Apprehensions that something bad should befall her; sometimes she has swooning Fits; I was proceeding farther, when the Woman told me I had related all her Complaints, and could not have better known her Case, if I had been acquainted with her for seven Years.

N o w I shall tell you how I came so exactly to hit upon her Case. As soon as I found it was a Female Patient, that had for some Years once a Month, sent her Water, and as often half a Guinea, for Medicines, I was certain 'twas no acute Disorder, but must be such a fashionable Complaint, as I found it, as she was never Well, without taking Medicines, and never the better for taking them, ( by the way these are the Patients the Doctor's get Money by ) I concluded she was vapour'd to a great Degree; as to her Age, 'twas Guess-work, and I happen'd Right; knowing her Age, Sex, Distemper and the Symptom's attending a slow Fever, such as Intervals of being hot and cold, with Flushings in her Face a  
Thirst

Thirst and loss of Appetite, wandering Pains in the Head and Back, restless Sleeps, frightfull Apprehensions, swooning Fits &c. And pray, what Conjunction is it, to unravel these Symptoms? when once the Cause is known, they are inseparable, and if you hit the Cause, they are a Train of consequential Evils, but to make short of my Piss-engagement, I sent her an *hysterick* Julep, some *assafoetida* Drops, a Mixture of *Lac Ammoniacum*, two Doses of the *Tinctura Sacra* and *Rhubarb* together, with an Electuary of *Bark*, *Species Aromaticæ*, *Valerian*, *Castor*, *Conserve of Rue*, &c, with proper Directions for each, which I think were as suitable to her Case, as any profess'd Piss-doctor could guess at, and they answered both our Purposes, for they did her as much Service, as she could expect, and she constantly sent every first *Monday* in the Month, her Water, and half a Guinea; I repeated her Medicines with little Variation, I took little Notice of her Urine afterwards, for I could discover, more from the Lustre of that little golden Piece, than I could from all the Observations of her Water.

My Success in this Piss-affair, brought me several more Waters, from that Corner, three or four at a Time, and I was greatly put to it,  
to



to know whose they were, and the different Complaints, but as the same Woman always came, and she being so constant a Ready-money Customer, I used (besides handsomely regailing her) to give her, the odd *Sixpence* out of each half Piece, this got me so much the Good-will of this poor Creature, that she'd give me the best Intelligence she could, and as much as I requir'd.

My good Woman, I said to her, you are convinced, of the great Service, I have been of to your Mistress, whose Illness I solely discovered by the Water, and altho' a great deal is learnt by casting the Water, yet as you know the Persons, whose Water you have brought, and their Complaints, you'll save me a good deal of Time and Trouble, in examining them, by telling me, whose they are, and what are their Illnesses, which the poor Woman readily did, and I sent such Medicines, as answer'd the Expectations, of those who sent their Waters to me.

My first Patient, who sent her Water, lived at *Ilford*, in *Essex*, her Name was *Albritton*, and after I had sent her Medicines, three or four Times, I went to see her, in order to get a better

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ter Knowledge of her Case, but I found her exactly as I at first related, giving Way to a Complaint, she ought to have strove against, I advised her, to rise early in the Morning, to use Exercise, and the Cold-bath, which she did, and was greatly recover'd.

THUS much for my Practice in the Piss-way, and I wish every Piss-doctor, would act upon the same Principles, but that won't answer their Purpose, which is Money-getting; but how often are these cunning *Piss-Jugglers*, guilty of Mistakes, if not Death too; they have a general Method of applying, and send their Patients, Medicines, of different Powers, in hopes some of them may be right, tho' they have little dread about others being wrong, they have the Money, and if one in ten Recovers, thro' Accident, or the strength of a good Constitution, the Doctor receives the Glory, and his Fame is spread Abroad, far and near; thus is supported the *Piss-craft System*.

THE low, poor, ignorant Rusticks, are fond of these *Wonder-working Doctors*, and have no Notion of the regular and skilful Practitioner. They are as equally absurd in their Faith, in relation to the Abilities of these  
Sort



Sort of Conjurers, as some who are infatuated, by the doctrine of an inspired Tinker, or Cocker. But as I observ'd before, when we see some Men of Learning, Worth, and Sense too (if I may be allowed the Expression) send their Waters, to these Doctors, such will pardon me, when I frankly say, that it is very Obvious to me, that those who expect Relief, from the Sight of what is evacuated, at their Tail's, must have a Defect in their Heads, or else are of a miserable covetous Disposition, and prefer their Money, to their Health, I may say often to their Life too.

THERE are another Set of Impostors, call'd *Charm-doctors*; I have already enlarged pretty much upon the Fallacies, of these Sort of Dealers with the *Devil*, (as they really would be thought to be) unless a good religious old Woman, that pretends to do it out of Charity, I dare say would not part with a Charm, that cost her a *Penny*, yet if there is no dealing with the *Devil*, still making ignorant People believe they have a Power to charm away a Distemper, they are apt to believe, they really do go to the *Devil*, for Instructions, which is doing Hurt to the Minds, of poor, illiterate, deluded Persons, I must beg those good Womens Pardon, when I tell them

them, this Practice is inconsistent with Religion and Christianity, as in a *Treatise*, I some Time since publish'd, accounting for the Cause of *Agues*, their Symptoms, and periodical Returns and Cures, where I was obliged also to account for the wonderful Operations of *Charms*, in curing *Agues*; I shall therefore here be the more brief upon that Subject, yet, as many Person's may see this *Treatise* who have not read the other, I think it will be quite requisite to produce an Instance or two, to inform my Readers, what stress ought to be laid, on these Pretenders to Magick.

ONE Sort of these *Charm-doctors*, after enquiring how many Fits the Patient has had, and how often the *Ague* returns, with many more Questions, which serve only to amuse the Person, will tell him, that from his late Discovery of the Planets, he observed some such strange Phenomænon, as gave him great Reason to think, by the *Magick-power* he should use, that the Person possibly, might have no more Fits, but if the Stars, did not so favour his present Design, yet he might be well assured, that he would not have above one Fit more, and then making use of some Delusion to strengthen the Faith

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of



of his credulous Patient, bids him go Home, and be well satisfied of being cured; but all this is after taking his Fee, for he would be a poor Conjuror indeed to play Tricks for nothing.

THERE was a Man so famous in *Yorkshire*, for charming of *Agues* away, that he did not only perform Cures, to those that went to him, by bidding them go Home satisfied, that they should have no more *Ague*, but his Power extended so far, that if any one, only sent to him, with a Crown, tho' he never saw him, he was endow'd with such a miraculous Power, that he could, at any Distance, command (even by a Messenger) the *Ague* to depart, from the Person directly, and not so much, as to have one Return: To confirm this, one Instance I must advance, as follows.

A Brother of mine, who was then an Officer of the *Excise*, in some Part of *Yorkshire*, and survey'd the very Town, where this *Charm-doctor* lived, a Neighbour of his, desired my Brother, the next Time he went to the Town, where this Doctor liv'd, to acquaint him, that he had got the *Ague*, and desired that he would cure him, and the first  
Time

Time, his Neighbour should see the Doctor, he would pay him; my Brother having no Faith in such *Wonder-working Doctors*, tho' he told the Man he would deliver his Message, yet thinking an Errand of that Kind most ridiculous, never saw the Doctor, nor sent the Message by any one else: Some Time after the Man who had the *Ague*, tho' he soon lost it, (by sending a Message, never deliver'd) meets his Doctor at a neighbouring Market-town, and offered to pay him for his Cure, the Doctor, (as great a Conjuror as he was) was surpris'd at his offering to pay him for the Cure of an *Ague*, he never so much as heard of. No! says the Man, did not I send you Word, by our *Excise-man*, such a Time, and desir'd him to tell you, to cure me of the *Ague*, and I would pay you the first Time I saw you? and you did cure me, for I have never had it since, the Doctor told him, if he sent such a Message, he never received it, nor so much as heard he had the *Ague*. The Countryman upon returning Home, was angry with my Brother, for not delivering his Errand to the Doctor, as he desir'd, and told him, he went to pay the Doctor, for curing him, and the Doctor never knew he had been ill; my Brother in reply told him, he had no Rea-



son to be angry, but pleas'd, for he got cured, and saved his Money too.

IT is very obvious, that Cures obtained from *Charm-doctors*, are from the strong Impressions, made on the Minds, of ignorant People, who are easily wrought upon, to believe any Thing, from such as they imagine are endow'd with præternatural Gifts; however inspir'd these Doctors are, most of the silly Creatures, (their Patients) think they deal with the *Devil*, but the *Devil* is often blam'd and commended, for Things he has no Hand in.

FAITH greatly operates on such Minds, 'tis plain, for the Man in the first Place, believ'd the Doctor could cure him, next, that the Message was deliver'd, and that the Doctor by the Information of the Messenger, had wrought the Cure. Now had the Doctor been a Conjuror, he'd have taken the Money, when the Man offer'd to give it him, and insisted so much upon his curing him, I say had he taken it, and told him he knew the Message was sent tho' not deliver'd, and he accordingly, as he desir'd had cured him, he would have got his Money, and very much confirm'd the Opinion,

pinion, the Countryman had of his being a Conjuror.

ANOTHER Instance or two I shall relate, and then leave the *Charm* and *Piss-doctors*, to play their Tricks, with poor, deluded, ignorant People.

I was intimately acquainted, with a *Charm-doctor*, who cured abundance of *Agues*: He told me, he seldom miss'd a Day, but some came to him for Charms; this Man gave them a Charm, sew'd up, in a Piece of black Silk, to wear tied to a Ribbon, and to hang directly upon their Hearts, it was not a Writing, which most use, but it was a Piece of Garlick, with a small Horse-nail, run through it, which they were to wear for a Month, and then, on a *Sunday* Morning fasting, to throw it into the *Thames*, but if they open'd it, the *Ague* would directly return even at the Month's End; these Patients gave him one Shilling, obey'd his Orders, and lost their *Agues*.

THIS Man's Name was *Francis Fisher*, he lived at the *Horse and Trumpet*, in *Crutchet-fryers*, *London*, in the Capacity of an upper Hostler, where his Master now lives, and can inform



inform any one, who suspects the Veracity of this Relation.

THIS *Fisher* was subject to an *inflammatory Fever*, and had very often violent *Pleurisies*, he was my Patient, for many Years; one Time he had the *Ague*, and sent for me, he was unwilling to tell me his Complaint, because I knew he was a profess'd *Ague-doctor*, but as he could not cure himself, he was obliged to make his Case known; I asked him, why he did not cure himself, since he had a Secret that never failed curing others; I shall contract for Brevity, and not relate all that past betwixt us, I shall only say, after I had cur'd him, and us'd to laugh at him, for not curing himself, and frequently ask'd him the Reason he did not; he told me, tho' he could cure others he could not cure himself, he said there was one Thing wanting, I guess'd what was coming, and after desiring me to keep it a Secret, and not to spoil his Trade, he said, Master I want Faith, I tell others I have a Charm, that will cure them, and they believe it, and are cur'd, but I can't think any Charm in the World will cure me.

THIS

THIS is to me, a Confirmation, that it is the strong Conceit and Belief, which People have of these Charms, and that they are no Charms, neither have they any Power to effect Cures, only to such, as believe their *Magick-force*.

I had the Curiosity to open one of these Charms, I found about a young Woman's Neck, many Years since, after much Persuasions and Promises to cure her, in case her *Ague* should return, for her Doctor told her, it would Return if she, or any one else should open it. The Charm was this, *Mary—eat-well, drink-well, work-well, and sleep-well, p—s-well, and sh—t-well and all shall be well.*—The Doctor conjur'd right, for if she did all these well, she must be well indeed.

ONE more Instance, that fell under my own Knowledge, I shall touch upon as follows.

A Man who kept a Publick-house, undertook to cure any Person of an *Ague*, by shaking Hands with him, in a Morning fasting, and afterwards, drinking a Cup of his



his Ale, for which, together with the Squeez of his Fift, he receiv'd one Shilling; the fuccefs this Man had, brought many People to his Houfe, befides *Ague-customers*, and I amongst others, went out of Curiofity, to tafte his Ale, and talk with him, about his Cures, and I was foon convinc'd, by the Number of Perfons that came, of his Succefs, which I apprehend proceeded more from his Ale, than fhaking Hands, in a Morning fafting. I after fome few Vifits, and Solicitations, did not only tafte his febrifuge Ale, which I found was ftrongly impregnated with the Bark, but he told me, the Composition, upon my affuring him, I would not divulge it, as long as he lived, which I did not.

THO' this Ale would cure an *Ague*, yet without fome Conjuraton, thefe Sort of Perfons have no Opinion of being cured, but as many believe the *Ague* to be Witchcraft, they muft go to the *Devil*, or his Agents for a Cure.

THERE are many charitable good Perfons, who are inclined to relieve the afflicted Poor, and keep Medicines for that Purpofe

pose, but such would do well, not to be too free with them, for Medicines are useful properly given, which they never can be, unless the Disease is well understood; and in this Knowledge some are very defective, who have even served an Apprenticeship to an Apothecary; such who administer Medicines, ought to be well acquainted with the Nature of the Disease, and well to understand, the Composition and Power of those Medicines, and that they are suitable to the Case, they are given in; without these Requisites, we must expect some times, rather to hurt than relieve. Such well disposed Persons as these, would better bestow their Charity, by employing some able Apothecary, to attend and administer Medicines to the Poor, than take upon themselves, such a dangerous Practice.

THE Rise of this Practice, was set on Foot, by some Person, who had but little physical Knowledge, and that they could not keep to themselves; which Practice, now so much prevails, as to hurt the regular Man, in his lawful Profession, and doubtless, often those afflicted with Illnesses; and such who were so liberal of their Skill, I am apt to believe, had

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more their own Interest in View, than the good, which might arise from such uncertain Practice.

INSTANCES of this kind I could Produce, but as such may give offence, I shall be silent; tho' I can't help saying, that the skilful regular Physician, as well as the Apothecary, is hurt by their Means. And we frequently meet with a set of Gentlemen, who call themselves Physicians, that have no claim to that Title, and these commonly are Foreigners, who may have call'd at *Scotland*, by their way, into the South.

SOME in order the better to Introduce themselves, recommend Druggs to be kept in Families, for their own use, under a pretence of saving the charge of an Apothecary, but those who deal with such Doctors, I beg they'll please to take Notice how much they save by it; some, whom the Doctor has got the good Opinion of, will bestow Presents of various Kinds, which the Doctor merits by his Diligence, and by being able to adapt his Behaviour, to the different Tempers of those he is Employ'd by, whilst all along, the sole Motive, is his own Interest: Here the regular  
Apothecary

Apothecary suffers, and 'tis a Matter indisputable, that such Families, who, employ such Physicians, save neither Health, nor Money.

BUT such who really intend the Relief of the distemper'd Poor, it is to be wished, that they employed some honest skilful Practitioner, who would readily attend, and give Medicines to the Poor upon moderate Terms.

ANOTHER consideration to induce the rich and charitable to employ a proper Person, to take care of their Poor, is, not only that it is most likely to answer the Charity they intended viz. the Relief of the Sick, but also of the Apothecary too, for really tho' a good well disposed Person, doth from a motive of pure Charity, give Medicines away, to some who can't afford to Pay for them, and often to those who can, they would do well to think at the same Time what an hindrance 'tis to the regular Man, who has a first claim to that Employ, and what he must maintain himself and Family by, for want of which, he must of course be reduc'd and stand in need of Charity himself. But some may thank themselves for such Consequences, by telling all they know, to make others as wise as themselves,



selves, or by making extravagant Demands for attending the Poor.

SINCE so many Impostors, Conjurers, Pifs, and Charm Doctors, so many Intruders, pretending to supernatural Knowledge, have crowded themselves in amongst the physical Tribe, with so many *Nostrum's*, *Arcanum's*, and patent Wonder-working Medicines, with so many delusions and contrivances to impose upon the Credulous, and they find so great encouragement; it is no wonder, to see the skilful, regular honest Man, neglected, and ready to Starve, because he has too much Knowledge to act Meanly, and too much Honesty to act Knavishly; and so little regard, or notice is taken of Merit in Distress now a Days, that there remains, but small Hopes of ever seeing it otherwise, which considerations hath induced me by a Narrative lately Publish'd to clear up some Aspersions, so commonly cast upon such, who have been regularly Bred, and are allow'd to be skilful Practitioners of extensive Experience.

I shall in this following *Treatise*, all along shew my just Esteem, for the regular, honest and judicious Practitioner, but must beg leave,  
to

to point at such Practices, as are opposite, and fall in with Imposition, Avarice and Fraud; *Physick* is a most laudable Science, but its Abuses have depreciated its Esteem. What honest Man will be angry with me for commending the Practice of the wise and just? or who will blame me, for exposing the Folly and Ignorance of some, and the wicked Cunning of others?

IN this *Treatise*, I shall have a due Regard, to the Dignity of the Profession, and not endeavour to lessen that Opinion, which is too much lessen'd, by injudicious and male Practices. I shall likewise endeavour to make every Person, in some Degree, know his own Complaint, and shall at the same Time, give some few general Directions, to be us'd by Persons afflicted. I shall also endeavour to give such Hints, that Persons, may form not only a Judgment of their own Complaints, but know whether they are honestly and fairly treated by others, and at the same Time I shall advise every one, not to trust their own Judgment too far, but to apply in Time, and not to defer sending for Advice till 'tis too late, and when they are under the Directions, of the skillful, strictly to observe them, and never to trust their own Judgment, in trifling Complaints



plaints beyond Bleeding, a little cooling Physick, and some Dilutents, and even in this Case, they may be liable to err, for want of knowing what is right and proper.

I shall also set forth the bad Consequences, of the Application of those, who are incapable to distinguish betwixt Causes and Effects, and the many subsequent Evils entailed upon such Mistakes, and shew how necessary it will be upon the Onset of a Distemper, not to trust too long to Nature; I shall also give some Cases and Instances, to prove the bad Effects of not applying in Time.

IN many Parts of the Country, tho' in none more than in this, the notion of a Person's Time being come, greatly prevails; this Absurdity, in the Patient, often is of Use to the Doctor, for if he gets no Credit by curing, he can forfeit none, by killing; but this Notion occasions many Persons, to neglect taking Medicines, 'till 'tis too late, to expect Relief. I have frequently observed this to arise from Covetousness, when some Persons, have been in hopes of getting well, without Medicines, but when they find the contrary, they are ready to take all you'll give them, when there is no hopes of  
Recovery

Recovery; these Persons may be said to die to save Charges.

IF Persons did really believe, there was a Time, fix'd to a certain Period, for the Duration of their Existence, and at that Time they must inevitably die, and not before, I am surprized, that they apply for any Advice, or take any Medicines; for such Persons must naturally conclude, that if a Time is absolutely fix'd for their dying, and that Time 'tis impossible to exceed, so is it as impossible to die, before the Expiration of that Time, and consequently no Medicines, or any other Means can either prolong, or shorten a Life so determin'd.

Such a Belief as this, as I said before, suits the Doctor, better than his Patient, to whom it matters not, what Medicines he gives, for according to this Faith, he can neither do good or hurt, kill or cure, and such a one, can have no other End, in giving Medicines, than his own Advantage; besides it must be a Matter of Consolation, to the Doctor, that if he did not cure, he did not kill, and farther, let his Practice seem never so contradictory to common Sense, and his Blunders never so notorious,

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nay, was he absolutely to give a Dose, that would kill an Horse directly, he can satisfy himself and others too, (of the same Way of thinking) that all that he had done, or could do, was in vain, for his Time was come and die he must.

IF this Doctrine be true, to what Purpose are Medicines, and a Knowledge of their Virtues? for what Purpose, has the Almighty caused the Grass to grow for Cattle, and the green Herb, for the Service of Man? for what Purpose, have we so many different Gums, Roots, Seeds, Flowers &c. of different Virtues growing amongst us, if they are of no Use, or Benefit to Mankind? To what Purpose do Men take such Pains to obtain a Knowledge of their Virtues? and why do Men search after the hidden Secrets of Nature to understand Distempers, if such Knowledge was of no Signification, towards the Relief of their fellow Creatures? But these Sort of Persons, that trust themselves to the Chance of Time, I have observed, will not trust an Horse, or a Cow to the uncertain Event of a predestinated Time.

THIS pernicious Doctrine, bears no weight with me, I am convinced, amongst the ignorant

rant, tho' crafty, that there are many Time-sellers, who by their Applications, are come to torment them before their Time, and as I am also convinced, that many there are, who from Irregularity, Luxury, Debauches &c. bring themselves to an untimely End, (*For the wicked shall not live out half their Days*) as much as if they had actually shot, or hung themselves: Therefore I think it a Duty incumbent upon me, to lay down some general Rules, and Directions, how we may prevent many Diseases and procure good Health, and length of Days.









# Practical Observations

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P H Y S I C K.

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C H A P. I.

## *Of an* A G U E.



N *Ague*, takes its Name, from *Algor*, coldness, which is proper to distinguish betwixt a true *Ague*, and an intermittent *Fever*. Some Authors make no Difference in the Appellation; I think there is a very great one, both in the Nature, and Symptoms; tho' the same Method of Cure properly conducted, will succeed for both. 'Tis very certain that all *Agues*, are *Fevers*, or at least attended with *Fevers*, but all *Fevers*, are not *Agues*, nor attended with *Agues*, therefore there is a wide Difference, betwixt

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*Agues*



## 52 PRACTICAL OBSERVATIONS.

*Agues* and *Fevers*, as I shall more largely explain.

AN *Ague* takes it's rise, either from a bad Digestion or from a damp infectious Air.

THE indigested Crudities of a weak foul Stomach are productive of sharp gross Humours, which vitiate the Blood, and load it with morbid Matter, and make it so viscid and tenacious, as to obstruct the Circulation in the small Vessels. And this is the cause of an *Ague*, to such who live too freely in both eating and drinking; by over charging the Stomach it becomes weak, 'tis ever labouring to dispose of that, which against it's Inclination, and beyond it's Power to Digest, has been (to gratifie a voracious Appetite) crammed down, and before the Stomach has had time to empty itself, of the last Meal, another is forced into the Stomach, which keeps it perpetually at work, without time to rest, and recover its due Tone, but it is always full, and always upon the stretch, whereby 'tis soon reduced, to a weak Condition, and incapable to perform the office of Digestion. And from hence, arise materials productive of *Agues*, *Fevers*, and many other Distempers.

Such luxurious Persons whose study is, what to Eat, and Drink, and most of the remaining time, to put it into Execution, can never be quite Well, tho' affected with  
no

no other visible Illness, than an eating Evil; which is succeeded by an uneasiness call'd the *Heart-burn*, and four Belchings, proceeding from indigested Crudities, irritating the coats of the Stomach, and by the addition of Wine, and other strong Liquors, the nervous tender linings of the Stomach, likewise lose all sense of Feeling, and power of Action.

The poorer Sort, commonly receive the Cause from bad, damp Air, which enters the Pores, and impregnates the Blood, with infectious Particles; when Persons are at hard Labour, and expos'd to the Weather, in heats and colds, and some Times, are in great Sweats, and soon very Cold, and their Blood being of a loose Texture, from low fare, their Spirits are faint and languid, their Vessels loose, and their Solids unbraced, and consequently little able to resist, but they receive the external Infection, with much greater Aptitude, than those betwixt the two Extremes, who neither live too high, nor too mean, and are seldom quite out of some Exercise, tho' not at hard Labour.

Persons of all Ages, Sex, and Constitutions are liable to *Agues*, tho' some are much more than others, the Poor, are more subject to Catch them, and the Rich to Collect them. Yet the Symptoms are pretty much the Same, in one, as in the other, which I shall now give some Account of.

The



The first Symptom, is heaviness or inactivity, the next is, a Pain in the Head, Back, and indeed in almost every part of the Body, tho' not to so great a degree. Another Symptom is Sickness, with a reaching to Vomit, with Gaping, Yawning, Stretching &c. succeeded by a universal Chilness, with a Shivering, which encreaseth to more violent involuntary Shakings, till a Heat ensues, then breaks out a profuse Sweat which terminates the Fit.

This Symptom of heaviness, and inactivity, is occasion'd from a lentor of the Blood, being loaded with febrile Matter to that degree, as to become viscid and tenacious, the Circulation thereby, being greatly impaired, the Spirits are render'd languid and faint, and this viscid morbid Blood, being of so tenacious, glutinous a Consistence, that it lodges in the Capillaries, and in them, totally Obstructs the Circulation, which obstruction, brings on Pain, which is encreas'd by the augmented Velocity, vibrating against the Inosculations, of the capillary Tubes, endeavouring to remove the viscid Blood, which meets with a Resistance and retards it's Force, till the repeated impetus, of a Blood now more rarified by Heat, forceth through the obstructed Tubes. During this conflict of Nature, the small Vessels being Offended, by the viscid morbid Matter they contained, and augmented by an encreas'd Velocity, bring on, and continue those Symptoms

toms of Pain and involuntary Shakings, till the Morbific cause is removed, and then ensues a glowing Heat, which breaks out into Sweats and terminates the Fit.

Thus much for the Rise and Nature of an *Ague*, with it's Symptoms, and before I set about the Cure I shall give a concise Account why these Symptoms should, at certain Periods return, one succeeding another, till again by an augmented force, the morbid Matter, is drove through the capillary Tubes, and a Sweat as before ensues and carries off both *Ague* and *Fever* for such a space of Time, and why after such a Time, they should all tack about again.

The Intermission, and the returns of *Agues*, and their Symptoms, with different methods of Cure, both rational and accidental, I have largely explained, in a Treatise I published about nine Years since, when I was at *Cambridge*, wherein also I exposed the Imposition of *Charm Doctors*, and other Pretenders to *Magick*, yet as many have not seen that Account, and possibly never will, I must in this my *Practical Observations* of Distempers in general, be a little Explanatory upon this head, tho' a great Part of the Juggle of both *Charm* and *Piss-Doctors* is unravell'd in my *Preface*, which you may see.

Then First, the Generated Matter which obstructed the small Capillary Tubes, and  
brought



brought on the Symptoms I have been mentioning, was removed by an encreas'd Velocity of the Blood, striking against the Obstructed Vessels, with such Impetus as to force the Blood through them, driving the Viscid Matter before it; this Matter returns into the Blood, hence a Fermentation ariseth, to seperate this Matter again, from the Blood, which being again seperated, is, by Sweats Expell'd, which Sweats continue so long, as to carry off, through the Pores, the Virus of that Febrile Cause, and leave the Blood, free'd from that morbidic Matter, Cool, and Calm, and the Person who has undergone this Conflict, is thereby so Relieved, as to think himself well.

*Agues* vary in their Nature, and Degree, as also alter their different Periods, of returning, which greatly depends upon the Quantity, and Quality of the febrile Matter; the Intermiſſion of one Day, is a truce obtain'd by Nature for twenty-four Hours, in which time, the Blood (after it's several revolutions) becomes more loaded, by a fresh collection of febrile Matter, the Circulation again grows faint, and languid, yet has force sufficient, to convey the tenacious viscid Cause, to the Capillaries, but not having Force enough to drive it through them, hence proceeds a fresh obstruction, which is soon succeeded by all the subsequent Symptoms, as I before describ'd,  
and

and Nature has all the work to do over again, before she can obtain another Truce or Intermission.

This I am convinced is the true Cause of an *Ague's* returning, but it may be asked, why do *Agues* return at different Periods? some return every Day, some every other Day, and others, every third Day, &c. To which I answer; 'tis principally owing to the quantity and quality of the Morbific Matter, and in some degree to the Age, Strength, and Constitution of the Patient; some will collect this febrile Matter (whose Blood before the *Ague* was foul, and loaded with Materials to Generate Matter) with greater aptitude than others. Persons have their returns very regular, till this Matter is lessen'd by Sweats, Stools, Urine, &c, or the Constitution, by a long continued Illness, is become weak, and unable to separate the febrile Cause, or to expel it; such Circumstances as these, will both alter the degree of the Fit, and its Periodical returns: but let it return sooner or later, let the Cold or Hot Fit last more or less Time, it is principally owing to the quality and quantity of the Matter, and in some measure to the Constitution of the Patient.

I having briefly explain'd, the Rise, Nature, and Symptoms of an *Ague*, and how a Truce, or Intermission is gained, by Nature,

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and also having advanced some Reasons, why those Symptoms should have periodical Returns, and why they often alter their Periods, I shall in the next place offer my thoughts, concerning the Cure.

The Truce or Intermiſſion of the Fit, is nature's Cure, *pro Tempore*; and if we will obſerve the method ſhe takes to Cure herſelf, ſhe'll direct us how we may help her, when ſhe has too much to do, for as ſoon as Nature is ſenſible of the febrile Enemy's Attack, ſhe directly puts herſelf in a poſture of Defence, and ſets to work, to get rid of this lurking Morbific Cauſe, which has hid itſelf, in the little ſmall diſtant Tubes, where all the force that Nature can make, is not always ſufficient to remove it, till exaſperated by the rude Reſiſtance of the Morbid cauſe, ſhe rallies all her Forces, and by an augmented Velocity, *Sword in Hand*, enters thoſe ſmall Veſſels of it's Reſidence, and drives it out by Force, and makes it retreat into the whole Maſs, whence it is ſoon again ſeparated by a Fermentation, and the greateſt part of it drove through the Pores by Sweat, but the few ſcatter'd Forces of the febrile Enemy, in a little time, get together and raiſe more, and ſoon another Rebellion enſues, Nature is again obliged to renew the Fight and ſo ſubdueth the Enemy once more. But as there is a freſh ſupply of this Morbific cauſe,  
daily

daily Generating, and Nature by repeated Conflicts becomes Weak, 'twill now be proper to send some Auxiliaries to her Assistance.

The most likely, and rational Way of proceeding, must be to help her to turn those troublesome Intruders adrift, to give them no Quarter, and after that, to enforce her Strength and repair the Breaches, they have made, and Fortifie them so as not to be overcome by a second Attempt. But (to speak in plain Terms) if Matter is the cause of this Distemper, before we begin to Cure, let us remove as much as possibly we can, the Cause, and then we may upon more certainty proceed to Cure. Tho' first I would Observe, that it is best for a Person to have two, or three Fits, before any attempts are made to Cure, for if we begin sooner, we interrupt Nature, before she hath truly formed a regular hot, or cold Fit, and the intermission is more irregular and uncertain; but by suffering our Patient to have two or three Fits, the Febrile matter is more divided, better separated, and made more fit for Expulsion through the Pores by Sweats; and the Intermission also, will be more regular and just. But if these Symptoms offer before a true fit of the *Ague* shews itself, they will soon be reduced to order, by Bleeding and Purging, if not they will dis-



appear. This Practice we see countenanc'd by the Authority of *Sydenham*, &c.

Let the first Step taken towards a Cure, be to bleed the Patient, and largely too, as in Pleurifies. These Distempers are pretty much the same; the only difference I know, is, the Morbid matter is more universal in *Agues*, and stops the Capillaries of the more extreme Parts, but in Pleurifies stops the Pleura only, from whence, it takes it's Name; the Blood taken from a Pleuretick, or *Ague* Patient, is very much the same, and demonstrates the real Cause, by it's Aspect. After Bleeding, 'twill be right to Purge, and let the Patient drink freely of small Diluents to thin and cool the Blood, that part of the Virus may go off by Sweats; these two Evacuations may be made at one Intermission, and some cooling nitrous Medicines may be proper afterwards.

Instead of being anxious about avoiding the next Fit, 'twill be better not to attempt putting it by, but instead of giving the Bark as most Persons do, too soon, (from whence arise many bad consequences, of which I shall give a few Instances,) repeat the Purge, if it be the very Day you expect the return of the Fit, and after that, whether it returns or not, you may with more safety give the Bark, and in all likelihood, you'll

succeed

succeed in your Cure without receiving any bad effects from the Bark.

Being convinced, that Matter is the cause of this Distemper, removing that Matter by evacuations, such as Bleeding and Purging, is the most rational Practice, for thereby we lessen the very cause, cool and empty the Viscera, make more room for Nature to exert her own Power, and prepare the Patient for the better reception of the Bark, and consequently make its effects more certain, and salutary: For the Bark cures as a Cordial astringent Medicine, which warms gives Spirits, and braces up the Parts that have in a great degree lost their natural Tone, and ability, by the Taint of that Virulent cause, and their preternatural Exertions to remove it.

I say, Bark given before the febrile Matter is remov'd from the Blood, may more properly be said to subdue an *Ague*, than cure it, by overcoming it, but that Conquest of the Bark, is only *laying* the morific Matter, *by the Heels*, for a Time, and as soon as that astringive Power of the Bark is spent, or wore out, the febrile Matter, *shakes off its Fevers*, gets upon his Leggs again, and is as troublesome as ever. I should therefore advise, as much as possible to remove the febrile Matter, and then the Bark will most effectually complete the Cure. But where no Evacuations are made to lessen, or remove the Cause of *Ague*, the  
Time,



Truce, or Intermiffion gain'd by the Bark, will be of very little Service, but after previous Evacuations are made, whereby much of the febrile Matter is carry'd off, then the Bark will be of infinite Service, by recovering the weak Tone, of the injured Parts, and as a good Stomack, will prevent the Generation of fresh Grievances, to continue, or bring on the Symptoms of an *Ague*.

And farther, to convince you that *Agues* are derived from a morbid Matter in the Blood, I have frequently known Tumours, Abscesses, and *Ague-swellings* commonly so call'd, form'd in different parts of the Body, which have collected the whole febrile Cause, and discharg'd it, without the assistance of the Bark: and sometimes, the whole Virus is expell'd by Sweats, and sometimes by a Looseness; these are sufficient to convince me, how requisite are Evacuations to cure Distempers arising from Matter: In order the better to establish this Hypothesis, I shall borrow a Case or two from my former *Treatise*, Publish'd some few Years since.

As I was Apothecary many Years to the Poor of St. Andrew's, Holbourn, and had the Care of that Workhouse in Shoe-Lane, I had, in the Year 1739, amongst many more Patients, one *Willson*, a young Fellow, of little more than twenty Years of Age, who had a *tertian Ague*, with regular Symptoms,  
and

and as regular periodical Returns, for the Space of six Weeks, or two Months; he, as most others, was unwilling to take Medicines, and Nature had done very little to relieve him, either by Sweats or Stools: When he made his Complaints about his *Ague*, I found the Chief was a Pain in his Thigh. This Pain increas'd every Day, and his Symptoms varied, and upon examining his Thigh, I found it greatly inflam'd and inclining to gather, which I look'd upon to be a Separation of Nature, forbore bleeding and purging. I observing a Tumour rising, I directed a warm Poultice, in order to forward what Nature pointed at, viz. to collect the febrile Cause together, and afterwards, to open the Tumour, and discharge it; but had I (after discovering the Way Nature had chose to extricate the Grievance) bled or purged, I should have check'd her Endeavours, return'd the febrile Cause into the Blood, and prolong'd the Illness, if afterwards, by any Treatment I could have cured it. But by this Application, the Matter was soon collected, the Skin grew thin, and I open'd it, from which we had so great a Discharge of Matter, that the Symptoms soon vanish'd, and he had no Return of his *Ague*; I purged him two or three Times, and afterwards, as a Restorative, and for fear of the worst, I gave him an Ounce of Bark, in proper Quantities, and his *Ague* never return'd.

Another



Another Case very much like this, happen'd in the same House, much about the same Time to one *Mary Vallet*, who had the usual Symptoms of an *Ague*, her great Inclination to Vomit, prevailed upon me to fall in with the common Practise of Vomits, and I accordingly gave her one, as I was in hopes thereby, to remove the Indigested Crudities, that might occasion her to reach so frequently, and after the Operation of this Vomit, I endeavour'd to quiet her Stomach, by a Cordial-draught, but that not answering, she still continued to vomit, and her *Ague* return'd as before. I then took twelve Ounces of Blood from her Arm, and soon after her Reaching ceased, for when the febrile Cause is in the small Blood-vessels, in the Stomach, and they are inflamed, and irritated, by their morbid Contents, they will bring on an Inclination to vomit, that neither emeticks will remove, nor antiemeticks, or opiates abate, 'till the Matter in those Vessels, is removed or lessen'd, and nothing will so soon answer that Intention, as Bleeding: This Evacuation did not only take off her Reachings, but abated her Symptoms, and made the Intermission more perfect. The next Morning I gave her a Purge to get more Advantage of her Complaint, yet her *Ague* return'd the Day following, but not at the same Time, her cold Fit, was less, but her hot Fit, more, and continued longer. The  
next

next Day she told me, she had a violent Pain in her Arm, with a throbbing burning Heat, I mistrusting what would Happen, forbore Repeating the Purge; the Matter soon Collected and form'd a Tumour in her Arm, and as soon as I thought it fit to open, I did, by making a large Incision, and let out a great quantity of Matter, her Disorder afterwards left her, I Purged her with Calomel two or three Times, and had no occasion to give her the Bark,

These, and many more Cases, I could produce, to prove the Cause of *Agues*, is from a viscid Matter in the Blood, and if this Matter is discharged by Sweats, Stools, Abscesses, Bleeding, Purging &c, it often Cures itself. But when Nature can't discharge this Matter, by any such Efforts of her own we should Assist her, by Evacuations, and by those too, she has made choice of herself, if a Loosness should break out in order to carry off this Matter, how wrong should we Act, in stopping that Loosness instead of Purging; when she is Endeavouring to Relieve herself; and when she endeavours to Relieve herself any way, that way we ought to promote.

The Bark after proper Evacuations, can never err, but the Bark, before Evacuati-  
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ons



ons, where the Blood is loaded with febrile Matter, often does Mischief, by locking up the very Cause, that ought first to have been Removed. Hence proceed slow Fevers, and often what are call'd Rheumatick Pains, Nervous Disorders, Hectick Complaints, if not Consumptions, and many more fatal Disorders. This Misapplication of the Bark, has branded it with many Aspersions, which have been entirely owing to the improper taking it. The Bark of itself, has as many salutary Virtues in it, or more, than any other Medicine, I yet know, and even in this Disorder, no Medicine is so useful, but if the Injudicious, inadvertently give the Bark, as they often do, they are to be blamed, for the bad Success, and not this most valuable Medicine.

Instances and Cases, I have many to produce of the good and bad Effects of the Bark, but as I have so largely before Expatiated upon this Subject, in my former Treatise, and in this, I have engaged myself, in so many different Distempers, I must beg to be excused farther on this Head; but return to the Cure of it which I have already begun.

If after Bleeding, Purging, and giving the Bark, this febrile Enemy is still Refractory, and *Rallies again*, which is frequently the Case, in robust strong Habits; Bleed and  
Purge

Purge again, and afterwards give the Bark, and as soon as you have thereby gained an Advantage, and put by the Return, I would then directly advise the cold Bath, the Use of which, after the febrile Matter is removed will strengthen and brace up, the weak Tone of the Parts, recover a lost Appetite, promote Digestion, and is almost an infallible means to prevent a Relapse.

In my farther Prosecution of the Cure of *Agues*, I have often, when I found the Case obstinate, even joined to the Bark, Medicines of a purging Nature, when others have added Astringents, and Opiates: I am apt to think the rational Practitioner will side with me in this Practice, for upon giving the Bark, which is absolutely an Astringent, if a Looseness should break out, we may naturally suppose, there is still left behind, too much Matter, to be subdued by the Power of the Bark, therefore I would rather chuse to help Nature in that Discharge, instead of opposing her endeavours by Astringents.

Upon this account I have given the Bark with lenitive Electuary, Rhubarb &c, and I am sure I am then acting the safest Part, for while I am emptying the Viscera of that febrile Matter which is the occasion of the Purging, I am at the same time, lessening the very Cause, and by the Cordial astringitive Power of the Bark, I am restoring the injur'd



weak Parts, to their natural Ability, but those who join astringents to the Bark, are greatly aggravating the Evil, by confining of it. A method (thus observed) will most effectually and safely Cure an *Ague*.

The Quantity of good Bark, to put by the Fit, is experimentally known: An Ounce divided into twelve Papers, is sufficient for a grown Person; to Children, the Quantity must be proportion'd accordingly. This I must observe that half the Quantity of Bark, after previous Evacuations have been made, will answer our expectations better than twice the Quantity, where no Evacuations have been made. And this is evidently owing, to the lessening of that morbid Cause, so that the Bark has not too much to do. Nay, I have often known Persons, who have been Bled, and Purg'd, relieved from the *Ague*, without taking any Bark at all, and it has not return'd; yet I would advise giving a little, not only by way of Precaution, but because it is the best Cordial restorative after an *Ague*, or any other Illness, where Matter is the Cause of it, as it recovers the lost Tone of the Parts, to their former strength and power, and prevents the Generation of that Matter, productive of so many Distempers, besides *Agues*.

When a Fit of an *Ague* is put by, and an Intermission for eight or ten Days, is obtain'd,

obtain'd, by the Bark only, 'tis very common in about that Time, to have it return; the Reason is, the Force of the Bark, which subdued the Matter, has spent itself, and the Matter again prevails, and brings back the Symptoms. When this is the Case, I would recommend Bleeding, and Purging, and the next Intermission following, to give the Bark again. What makes it more obvious to me, that the Matter is kept quiet for a Time, by the Bark, is, that as soon as an *Ague* is put off by the Bark, bleed or give a Purge and it will directly return. By either of these Evacuations we unlock, what the Bark had confined, and set it at Liberty to act the same Part over again.

In order to prevent a return, or rather to escape it, 'twill always be right to begin a Cure, by as much as possible, removing the Cause, and in this Case, it can by no other means be done so well as by Bleeding and Purging, if Age and Strength don't forbid us. But that will seldom be an Objection, for those who apply in Time. Yet in the Case of some old emaciated Persons worn out, and almost Reduc'd to a Consumption, by a long *Ague*, which Nature hath been endeavouring to get rid of, by a Loosness, or profuse Sweats, we must abate, in our Quantity of Blood, and alter our Purges to those of a Cordial corrective Kind, such as

*Rhubarb*



*Rhubarb* &c. you'll find even in such Subjects as these, a very viscid Morbid Blood, and can seldom err, by taking away a small Quantity and repeating it.

Some few forms of Medicines, I shall Prescribe, which are such as I have Succeeded with; the more Skilfull may alter them as he thinks proper, agreeable to the Variation of the Symptoms, &c.

For a Purging Draught.

*Rx Fol. Senn. Alex. ʒij*

*Rad. Rhabarb. ʒj*

*Sem. Coriand. Contus. ʒʒ*

*Sal. Tart. gr. vj Infund. in aq. Font. bullient. ʒiij*

*Colat. adde Syr. de Spin. Cervin. Elix.*

*Salut. a ʒʒ. M. ft. Haustus Mane cum Regimine sumendus.*

A Febrifuge Electuary, to put by the *Ague*.

*Rx Conf. Cort. Aurant. ʒʒ*

*Pulv. Cort. Peruv. El. ʒvj*

*Rad. Serpent. Virgin.*

*Sal. Absinth. áá ʒj*

*Ol. Nucis Mosch. Gtt. 20 Syr. Cort.*

*Aurant. qs. ft. Electarium. Cujus Capiat Magnitudinem Nuc. Mosch. 3tia quaq. hora, absent. Paroxysmo, superbibendo Cyathum Vin. Rubr. cum aq. Font. àà Part. æqual.*

After an Intermission is obtain'd by this Electuary, 'twill be proper to continue taking it

it three times a Day for a Week, and Night and Morning for another Week, and afterwards, to take a Wine Glass of the following Tincture, every Morning fasting, at eleven o' Clock in the Morning, and at five o' Clock in the Afternoon.

A Febrifuge Stomachick Tincture.

*R<sub>x</sub> Cort. Peruv. El. in crass. Pulv. ʒj*

*Flaved. Aurant.*

*Rad. Gentian.*

*Calam. Aromat. a ʒjʒ*

*Sem. Cardam. Min.*

*Coccinel. Contus. áá ʒij Infund. in Vin.*

*Rhen. ʒijʒ per horas 48 Colat. pro usu.*

The Continuance or Repetition of these Medicines, are at the discretion of the Practitioner, and such as don't chuse to take the Electuary for a Week or a Fortnight, should after an omission of eight Days, either Bleed or Purge, or both, and the next Day take half the quantity of the Electuary, or half an ounce of the best Bark in fine Powder, divided into six Papers, one to be taken in a Glass of Red Port Wine, and Spring Water, of each equal quantities, every three Hours till they are all taken, which I hope, will prevent a Return, and compleat the Cure: Tho' they would do very right in taking the Tincture, as directed, for a Week or a Fortnight; and afterwards to use the cold Bath for a Month, or more.

CHAP.



## C H A P. II.

## Of an ASTHMA.

**A**STHMA is a Greek word signifying *difficult Respiration*. Persons of either Sex, or Age, are subject to this Distemper, but chiefly those that are Corpulent. It most commonly ariseth from a viscid Blood, in the small tender Vessels of the Lungs, which are of so fine a Texture, as render them capable of being greatly affected, upon any slight Disorder; and being one of the principal Organs of our human Machine, their Office is of so great Moment, that when they are in the least degree Disorder'd, from either external or internal Causes, we must greatly suffer. An *Asthma* sometimes proceeds from a lentor in the Blood, or some viscid Humours lodging in the Pulmonick Tubes, whose Lobes are in continual Action, which gives great Pain to these distorted weak Vessels, and although viscid Blood, or Humours lodging in the small Blood Vessels of the Lungs, occasion this complaint, the Cause of such Blood or Humours, is most commonly derived from excess in Eating and Drinking, much Sleep, little or no Exercise: Thus is this Distemper brought on, and heighten'd by a continuance of these very Causes.

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The Symptoms common to an *Asthma*, are a difficulty of Breathing, a Cough, a Pain in the Breast, with a slight Fever.

As the Lobes of the Lungs, are not only deprived of that Lymphatic fluid, which facilitates their Motions, but all those little blood Vessels are filled, and obstructed, by viscid Humours, or Blood, by which they lose their natural Tone, and Elasticity, they consequently grow Weaker, and the Complaint stronger; the Lungs in order to remove this Grievance, is irritated by the Viscidity of the Matter in those Vessels, to frequent Fits, of Coughing, which cause some Pain: and altho' this Cough is attended with great uneasiness, 'tis well for Persons, who are thus Afflicted, that they do Cough, did they not, the little Cells which receive the Air in Breathing would soon for want of Coughing be fill'd up, and become quite useless. And I am of Opinion, that many asthmatical Persons, who eat, drink, sleep, and use no Exercise, have not the Use of the third Part of their Lungs, and if they will not alter their way of Living, and take a few proper Remedies, and use Exercise, they will very soon lose that little Breath they so painfully labour to retain.

If eating much Meat, drinking much strong inflammatory Malt Liquor, especially late at Night, going to Bed upon a full Stomach, lying long a Bed in the Morning, and when up,



using no Exercise, be the Way of Life, no Wonder such Persons are troubled with a Difficulty of Breathing, who are continually adding to a Complaint they brought upon themselves, by perpetually filling their Stomachs, which being so distended, press upon the Lobes of the offended Lungs, and encrease every Symptom, but more so when Lying, as that Position of the Body will occasion these Symptoms.

Before I offer any Form of medicinal Remedies, I shall give these asthmatical Patients a little Advice as a Friend, in regard to a Regimen, and make it evident how requisite it is to observe such a Method of Living, without which no Art in *Physick* will avail.

This Dispnea, (from  $\delta\psi\epsilon\varsigma$  difficulter hardly  $\pi\nu'\epsilon\omega$  Spiro, to Breath) doth not only attend the Robust and Corpulent, but frequently Persons, of thin Habits and dry Constitutions are subject to *Asthmas*. Their small pulmonick Tubes, are liable to suffer by viscid Blood, and Humours, and from a weak State, of those Vessels, as also for want of a due Quantity of Fluid, to lubricate, and prevent those Abrasions, which of course will excoriate them, when divested of that lymphatic Moisture, and very frequently occasion Ulcers of fatal Consequence.

Persons thus afflicted, who expect any Relief, must first observe a thin, light, cooling Diet,

Diet, for Breakfast, Water-gruel with Currants, and a little brown Sugar and Nutmeg, without any Wine, unless a very small Quantity of Mead, Cowslip or Raisin Wine. Others of more nice Taste, a Basin of green Tea, with some boiled Milk, (not Cream) sweeten'd with Virgin-honey, and if they chuse a thin Toast of white Bread, let it be spread with fine Honey, which is much preferable to Butter. Butter in my humble Opinion, is hurtful in many Constitutions, the Notion of its healing Quality, does not compensate for its Unctious, clogging Nature, besides the rancidity it acquires by lying long in a weak Stomach which causes great Uneasiness, commonly call'd the *Heartburn*, and this is felt by none so much, as by those who eat large Quantities of Butter.

The Breakfast I recommend, should be taken early in the Morning, about six or seven o'Clock in Summer, and by eight in Winter, and then the Patients are either to go about their Business or use Exercise, which should be moderate and lasting. About twelve or one, they need not be very thoughtful what they can make a Dinner of, for what then comes before them will probably meet with a kind Reception.

Chicken, Veal, Lamb, Rabbits, fresh Water Fish, (and what the Season produces, is always best) light Pudding, thin Broths, Tarts



and Fruit Pyes, are very suitable; white Wine, and warm Water, or good small Beer, no strong; some who require a refreshing Glass, may take a Glass or two of Mountain. There is no setting exact Bounds to Persons as to Quantity in eating or drinking, for Diet should, as well as Medicines be proportion'd to the different Circumstances of the Constitution; what is sufficient for the Support of some in health, would starve others; but more of this hereafter.

Smoaking, chewing, and taking Snuff, in my Opinion are of Service to none, but those that sell Tobacco, and very prejudicial to many, especially to such who are either asthmatical or consumptive, but this Subject I shall more largely treat on, when I give Rules and Directions to preserve good Health &c. As soon as Dinner is over, moderate Exercise, Diverſion, or Buſineſs will be proper; and if about ſix o'Clock, they are inclined for a ſmall Regale, take in the Seaſon, Aſparagus, Sallad, Tarts, Cheeſe-cakes, ſoft Cheeſe, with a Glaſs or two of white Wine, or rather ſome whoſome made Wines, lower'd with Water; a Walk in the Summer's Evening, will be very agreeable, and at ſuch Times as the Weather will not permit walking, a little diverting Company, will not be amiſs 'till about ten, when in all probability, your Bed will be as agreeable, and reſreſhing, as can be wiſh'd for.

This

This Method and Regimen are very suitable, and proper for such who are asthmatically inclined, and this Method must be strictly observed, during the Time of using other Helps from Medicine, and also after an Abatement of these painful Symptoms, attending a Distemper often reliev'd, but seldom or never cured.

I very lately had a Patient, greatly afflicted with this Distemper, and a Dropsy, and other threatening Symptoms of an Apoplexy, who was of a full Habit of Body and far advanced in Years: this Method I earnestly press'd to be observed, urging that Medicine without a Compliance with these Directions, could be of little, or no use, but contrary Effects would ensue; for which I got blamed, and lost my Patient.

The Cure, or more properly the Relief of Persons, who labour under this Distemper, must be obtain'd by bleeding often, in small Quantities, by keeping their Bodies lax with cooling Aperients, and occasionally by taking Oxymel with some stimulating Medicines, which I shall give some few Receipts for.

*Fluat Sanguis e Brachio ad ℥x. et. primo Die sequentie, Potionem Catharticam sumat.*

*R̄ fol. senn Alexandrin.*

*Mann. Opt.*

*Tamerind. ā ℥iij*

*Coq. in aq. font ℥iij colat. add Spt. Lavend. C. ʒj Mft. Potio. cum leni Observatione*



*vatione sumenda et omni 4to vel 5to Die repetenda, ad tres vel quatuor Vices. Fontinell inter Scapulus fiant No ij.*

*Rx Sperm. Ceti. ℥ss.*

*Pulv. e Tragacanth. comp. gr. vj.*

*Castor Russ.*

*Sal. succin. ā gr iiij*

*Syr. Balsamic q. s. ft. Bolus 6tā quāq horā cum. coch iv Fulep. sequent. sumendus.*

*Rx Infus. Teæ. Virid. vel Teæ imperial. ℥j Vini Paralys. ℥iv.*

*Succ. aurant ℥j.*

*Sacchar. albiss ℥j M ft. Fulep.*

*Si Respiratio Dfficilis maneat, misturæ sequentis capt. Coch. ij. vel iiij. bis vel tēr in Die, ut opus erit.*

*Rx Aq. Puleg. ℥6*

*Nucis. mosch. ℥iiij.*

*Gum. ammoniac. puriss. ℥iiij.*

*Oxymel. scillit. ℥iss ft. mistura.*

In this Case above all others, I must caution every one against being too fr̄ee with Opiates ; tho' a little pleasing Ease may be procured, which is desirable to most People, yet as they thicken, and lock up the very Matter, we want to remove, upon this Consideration, we ought as much as possible, to refrain from the Use of them.

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C H A P. III.

*Of an* A P O P L E X Y.

**T**HIS Distemper takes its Name from the greek Verb ἀπολαμβάνω *Percutio, to strike.* As in this Distemper Persons are suddenly struck, and deprived of all Sensation, both internal and external, with the Loss of all voluntary Motion, that of the Heart and Lungs being involuntary, continue: Some will lie quiet, as if they were in a profound Sleep, others have violent Agitations, or convulsive Strugglings, which by intervals often continue as long as they survive.

I have known Persons of both Sexes upwards of twenty, but seldom under, afflicted with this Distemper. The Reason I apprehend is, that young Persons, tho' often full of Blood, have not so inflamed it by high Living, neither have they had the same Opportunity, for want of more Time, to accumulate Matter, to vitiate and thicken the Blood, neither to obstruct or disorder the Meninges of the Brain, neither have they undergone so much Fatigue, or violent Exercise, or injured themselves by a long Course of hard drinking, or by Excess, augmented the Velocity of the Blood to such a Degree, that the increas'd Impetus against the



the minute Vessels may have burst them; from whence proceeds extravasated Blood, which may cause this Deprivation of Sense, by lodging in the Brain, as these Causes are such, as prevent Sensation, from an Undulation of the Nerves, especially those, whose Origins are from the Medulla oblongata, chiefly arising from those violent Vibrations of the Blood against the Brain. When those that take their Rise from the Medulla Spinalis are not entirely deprived, as Respiration, and the Motion of the Heart, Lungs, and Pulse convince us.

If this Distemper proceeds either from a Plethora, a viscid Blood, weak Vessels, or extravasated Fluids, the Cure must consist in large Bleeding, brisk active Emeticks, Cathartics, Blisters, in diluting, and nervous stimulating Medicines.

As soon as a Person is taken with a Fit of an *Apoplexy*, let him be Blooded in both Armes at the same Time, to the Quantity of twenty Ounces. And as soon as that is done, give him the following Vomit, which will as soon as it enters the Stomach, directly Vomit severely; but only once, and therefore, you must immediately give the same Quantity, four or five Times.

R $\acute{x}$  *Aq: font: ℥jss*  
*Vitriol: alb: gr vi*  
*ft. Haustus Emeticus. vel*

R $\acute{x}$  *aq.*

R<sup>x</sup> *Aq. font.* ℥jss  
*Acet. scillit.* ℥ss

*Pulv. Rad. Ipecacuan.* ʒj *ft. Haustus*  
 This last Draught need not be repeated, it will not be so quick, but 'twill operate four or five Times briskly, without repeating, which is sufficient.

Let the Head be shaved, and apply a Blister all over it, at the same Time one betwixt the Shoulders, and to each Arm.

R<sup>x</sup> *Tinct. sac.* ℥iij  
*Pulv. Jalap.* ℥ss  
*Syr. de Spin. Cervin.* ʒvj  
*Spt. Lavend. Comp.* ʒj *ft. Haustus post*  
*Operationem Emetic. sumendus, et finitâ*  
*Operatione. Capiat Haustum sequent.*

R<sup>x</sup> *Aq. Rutæ* ℥jss  
*Pæon. comp.* ℥ss  
*Confect. Cardiac.* ℥ss  
*Pulv. Rad. Valerian. sylv. Cast. Russ.*  
*Sal. Sucin. ana gr. v. Syr. Pæon. C.* ℥iij  
*Mft. Haustus, sumendus ut supra scriptus,*  
*et 6tâ quâq horâ repetendus.*

*Si Symptomata adhuc maneant, Integer*  
*Processus de novo repetatur, cum additione*  
*Emplast. ad Pedes applicand. cum part. æq.*  
*Emp. Cæphalic. et Epispastic. Extend.*

I should in curing *Apoplexies* recommend a warm Bath, and to Bleed in it, as directed in the treatment of a *Palsy*, which please to



see, *Chapter* xvii. Such Persons as eat large meals of butchers Meat, drink plentifully of mild thick fat Ale, use little Exercise, sleep after Dinner, lie in Bed long in the Morning; such as these, may expect to be visited with Complaints of an Apoplectic or a Paralytick kind, especially if they find an unwillingness to Motion, a Drowsiness, or lethargic Disposition, pain in the Head chiefly over the eyebrows, a dizziness, or mist before their Eyes, full Veins, high Pulse, flushing Heats, a Thirst &c. These Symptoms are the common Indications, to forewarn them of the sudden attack of a most fatal Distemper.

Persons thus forewarn'd by any of the above named Symptoms, will act prudently, to Bleed, to take the Purge before directed, to have Issues made between the Shoulders; if not one upon each Arm; to live sparingly, as recommended in *Asthma's*, to use Exercise, and strictly to observe the Regimen directed.

I shall instance a Case to illustrate the Practice of large Bleeding, which more than a Year since fell under my Care.

On April the 15th 1752, about eight o' Clock in the Evening, I was sent for to *Edward Noles* of *Stoke Abney* in the County of *Northampton*, who about four the same Afternoon, was taken speechless, with strong Convulsions, which continued so long, and his Strength at last was so much exhausted, that  
the

the People about him, thought he was dying. When I saw him he was almost wore out, with these strong Convulsive Spasms, I found his Pulse low, and irregular, the Man quite Insensible, with a subsultus of the Tendons; his Teeth so close, that it was impossible to give him any Medicine. Without hesitating, I directly took twenty Ounces of Blood from his Arm, thro' a full opened Orifice; and while he was Bleeding, I kept my Hand upon his Wrist, and I observed his Pulse grew lower, and intermitted; upon tying up his Arm, his Pulse entirely stopt, his Tendons were quiet, he stretched himself out, and seemed to me, as well as to the by-standers, to be Dead: I immediately laid my Hand upon his Breast, and found his Heart flutter; I call'd for a Bason, and took the Bandage off, and set him a Bleeding again, and when he had lost about eight, or ten Ounces more Blood, I felt his Pulse began to beat tho' hardly perceptible, being so low, but continuing his Bleeding, it soon grew stronger, and more regular, I let him Bleed till he groan'd, he came to himself, turn'd about, look'd hard at me, and asked me what I was doing. I gave him a small Cup of Wine and Water, ordered he should be undress'd and put into a warm Bed, he soon fell asleep, and the next Morning, waked quite well, only complained, of being faint and sore; I gave him the Draught with



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*Tinctura Sacra*, &c, which was all the Medicine he took: he perfectly Recover'd, and has continued well ever since.

I must observe, had I not set him a Bleeding again, I think he would then have died, but the great Revulsion, from the loss of so much Blood, was the occasion of the return of the Pulse and Spirits, to set the Machine again in Motion.

Another Case of a contrary Kind, happen'd a little before that of *Edward Noles's* to a Gentlewoman of *Wilbarston* in the same County, whom (when I was sent for) I found in strong Convulsions, which she had been in near twelve Hours. I took from her eighteen Ounces of Blood, which made no alteration, her Fits continu'd to such a Degree, we all concluded she must soon go off; if no abatement could be obtained, the first opportunity I had, by her lying still, I gave her, *Laud. Liquid. gt. 30 in Cyath. Vin. alb et aq. font. ana part. equal.* I waited an Hour, and taking the same Opportunity, repeated the Dose which I found began to have some Effect, and I gave her a third Dose, and she fell asleep, and slept for sixteen Hours, and waked free from Fits, greatly recovered.

Tho' this succeeded now, as I had by experience found it to do in the same Circumstance before, we must distinguish betwixt the Nature of *Edward Noles's* Fits, and this Gentlewoman's.

Gentlewoman's. This Application, I am of Opinion would have put a stop to *Noles's* Existence, as *Noles's* might to this Gentlewoman's. For if *Noles's* Case proceeded from a fullness of Blood, stagnated by its Viscidity, in the Meninges of the Brain, which occasion'd a Stupor, and a Subfultus, Opiates there would have been absolutely wrong; but this Gentlewoman's Case, was rather Hyfterical, with violent strong Convulsive agitations, which made the Opiate, after Bleeding serviceable.

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C H A P. IV.

*Of a Chlorosis.*

**T**HIS Distemper is peculiar to the fair Sex, it takes its Name from the Greek Word *χλωρος* *Pale-green*, and prevails chiefly amongst the Young ones, though some times I have known married Women afflicted with this Disorder to a great Degree. This is commonly call'd the green Sickness, It ariseth from a cold languid Blood, for want of due Motion, whereby, the Vessels, are obstructed, and Nature as yet, in some hath not opened



opened an out-let, by a menstrual evacuation, which makes young Lasses before that Time so subject to this Disorder ; after, it has disappear'd. The Symptoms (besides that Visible one in the Complexion) are lowness of Spirits, loss of appetite, Head-ach, difficulty of Breathing, Tremblings, a palpitation of the Heart, an irregular Pulse, swooning Fits, a slow symptomatic Fever, some times a Heat, but most commonly Cold.

The Cure consists in Bleeding, Purgings, with Aromatic and Chalybeate Medicines ; to which must be added Exercise &c. At some stages of Life bleeding in the Foot is to be prefer'd, but before the Time we can expect a particular advantage from such a Bleeding, I should rather chuse the Arm : we should never attempt to put Nature to act (what I may call) unnatural exploits ; and no application or means us'd at an improper Time, can be deemed judicious and proper Practice.

*Mittatur sanguis e Brachio ad ℥x et post duos, vel tres Dies, Pil. sequent. sumat.*

*R̄ Pil. ex Colocynth. cum Aloes. ʒss  
Sal. Martis. gr. v.*

*Bals. Peruv. q. s. ft Pil. No. vij. quarum iij. hora somni, et quatuor mane sequent. sumantur. et ad tres Vices debitis intervallis repetantur. Postea, Electar. et tinct. sequent, sumat.*

*R̄*

℞ Cons. Absinth. Rom. ʒvj

Pulv. ar. comp.

Spec. Aromat. ana ʒiſſ

Chalyb. cum Tart. ppt. ʒſſ

Ol. Nucis mosch. gt. 20 syr. e Cort.

Aurantior. q. s. ft. Electar. de quo, quantitatē N. M. Capiat ter in Die horis Medicis, superbibend. Cochl. iv Tinct. sequent,

℞ Rad. Gentian.

Calam. aromat.

Cort. Aurant. ana ʒiſſ

Sem. Cardam. min. ʒj

Croci angl. ʒij

Chalyb. cum Tar. (in Nodulo suspend.) ʒſſ  
Infund. in Vin. alb. mont. ʒiſſ, stent, per horas 48. Colat. ft Tinctura.

These young Ladies are not to be kept to any particular Diet; that which is light and of an easy Digestion, will be most suitable. I shall desire them to forbear Chalk-Stones, Cinders, Tobacco-pipes, &c. to rise betimes in the Morning, and to Walk, Run, or use some brisk Exercise, as often as they can.





## C H A P V.

*The* C H O L I C.

**T**HE *Cholic* has its Name from one of the Intestines call'd the *Colon*, which has been supposed the Seat of this Distemper, or from *Κολικη* an intense Pain. Tho' there are *Cholic's* of diverse Appellations, arising from different Causes, I shall first consider and treat of the *Colica Biliosa*, or the bilious *Cholic*, 2dly, *Cholica flatulenta*, a *Cholic* proceeding from Wind in the Stomach or Intestines, 3dly, *de Colica Nephritica*, a *Cholic* from a difficulty in making Water.

A bilious *Cholic* is occasion'd by an overflowing of the Bile, which is a thick yellow bitter Liquor, contained in the Gall-bladder. Persons mostly afflicted with this Complaint, are such who Eat, and Drink plentifully, and use little or no Exercise. Dr. Keil says, a greater Quantity of Aliment, requires a greater Quantity of Bile. And according as the Stomach is more or less distended, with Food, it presseth out of the Gall-bladder a proportionable Quantity of Gall, to be mixt with the Chyle in the Intestines. 'Tis very evident to free Tiplers, that after an excess over Night, they are troubled next Morning with violent reachings to Vomit, which are occasi-

on'd

on'd by the Bile being forced into the Stomach, which bitter yellow Liquor is obvious to their Eyes, and offensive to their Palates, this discharge is very lucky and serviceable, for by the Irritation of this bilious Liquor, the Fibres of the Stomach are vellicated, and a Vomiting ensues, which cleans, and frees the Stomach, from other indigested Crudities, which possibly might, in a little Time, have produc'd an Illness of bad Consequence. This makes good a Proverb! that those Persons who won't take *Physick*, should once a Quarter get a hearty Dose over Night, to make them Vomit, and Purge the next Morning.

But when this bilious Fluid, takes a more natural turn, and acts upon the Intestines, as it did upon the Stomach before. The sharpness of this Liquor vellicates the Intestines, to such a Degree, as to cause violent Pain, and the peristaltic Motion being Augmented, the Grievance is evacuated by Stools. This I call a lucky natural Purging, which greatly prevents Mischiefs, which otherwise would attend those who make too free with the good Creature. For this Purging does not only rid the Bowels of the Overflowing of the Bile, but of many more noxious Humours, which had they remain'd unremov'd, after the Parts had been Inflamed by strong Liquor, &c, in all probability, would soon have produc'd a Fever.

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When



When a *Cholic* in the Stomach proceeds from Bile, and is attended with Reachings to vomit, I recommend a Basin or two of green Tea, or thin warm Gruel, to encourage a gentle Puke or two, and not, as 'tis too much the Fashion in this or any other *Cholic*, to take a Dram of Gin, or some other Spirit equally hurtful, or burnt Wine, often given in these mistaken, ill-judged Complaints, and no less prejudicial are your Cordials, with Opiates. Most Persons are desirous of Ease when in Pain, but such Pains or the Cause of such Pains, are only overpower'd for a little Time, or lock'd up, by the Force of the Opiate, and often return with additional Violence, attended with *Fevers* of bad Consequences.

Its undoubtedly right, after the Stomach is made clean by vomiting, encouraged by Tea, or Gruel, should there remain an Inclination to vomit, to give an Opiate, but I should rather prefer some small Chicken-Broth, or Veal, or Mutton-Broth, either of them, will heal the Stomach, and promote a Discharge downwards.

When Nature is thus properly relieving herself, by expelling the Disorder thro' the Intestines, and a Purging ensues, which is of great Service to many Constitutions; would it not be equally as absurd, to give Drams, Astringents or Opiates, in this Case, as it was, when the Grievance was in the Stomach, when we ought instead

stead of stopping, or checking such Evacuations too soon, to have encouraged them? But what is to be done in order to undo such ill-judged mischeivous Treatment, I shall next observe.

If by confining the Cause, or obstructing Nature's kind Endeavours in curing herself, (as it is too often the Case) whereby the Pain is increas'd, the Parts become inflamed, and a Fever breaks out. I would advise large Bleeding with soft purging Medicines, as the following Draught.

*Rx Infus. Senn. ℥iij in quâ solvatur. Mann. ℥j. adde Syr. Rosar. solutiv. Tinct. Rhabarb ana ℥ss M. ft. Haustus.*

After bleeding, to abate the Inflammation, and Fever, with the Assistance of a soft, cooling Purge, to open a Way again, for Nature to extricate herself; I say after these Evacuations it may not be amiss, in order to quiet and comfort the Bowels, (which before suffer'd from the improper giving of Opiates,) to give the following Draught; but I should have first recommended Chicken, Veal, or Mutton-Broth, to have been taken between-whiles, in the Operation of the Purge, which might have saved me the Trouble of prescribing the following,

*Rx Aq. Alex. simp.  
Cinnam. simp. ana ℥j.  
Sperim. Cete (in Vitel. ovi. solut.) ℥ss  
M 2 Syr*



*Syr. de Mecon* ℥ss *Tinct. Thebaic.* gntt. xij.  
*Spt. Lavend. comp.* ʒj *M.ft. Haustus horâ*  
*Somni, post Operationem Cathartic. su-*  
*mendus.*

I lately cured a long obstinate *Cholic* by Bleeding, purging with Calomel, Clysters of fat Mutton-Broth, frequently given in large Quantities, and after an Abatement of the Pain which was periodical, I gave a Tincture of the Bark.

The flatulent, or wind *Cholic*, is either in the Stomach, or Bowels, this is of a very painful Kind, more than that which proceeds from an Overflowing of the Bile. Most Persons are subject to collect Wind, but chiefly the aged, who are weak, and whose Stomachs, and Bowels, have not Force sufficient to expel it.

If an old Person, has a Quantity of pent Wind in his Stomach, which he can't expell, let him take a Glass of some warm comfortable Cordial, either of Gin, or Aniseed, it possibly may help him, if not, he is not so liable to be hurt by Spirits, as a young Person, but when the Wind has past the Stomach, into the lower Regions, I don't think the Belly-ach a sufficient Excuse for a Cordial, neither do I better approve, Ginger, Pepper, Cloves &c, tho' Carminatives have been, and now are recommended to expell Wind, yet I am apt to think a Pain arising from Wind, already confined in  
the

the Intestines, will be made more so, when rarified, unless speedily relieved.

Sometimes, (nay often) Persons afflicted with this *Cholic*, are costive, and their Bowels plug'd up with hard Excrement, which confines the Wind; and rarified Wind that is confined, must of Course encrease the Complaint, and sometimes to such a Degree as to bring on Inflammations, Mortifications, and Death.

Bleeding in a painful flatulent *Cholic*, must be right, either to prevent, or relieve the bad Symptoms, an emolient Clyster, with lenitive Electuary, Oils &c will be useful, tho' something to pass the Viscera is best. The Purge directed in the Cure of a bilious *Cholic*, will be also requisite, with small smooth Broths before mentioned.

*An Emulsion, cum. aq. Hordij. Sem. Papav alb. Amigd. dulc. &c. haustul. per interval. bibendum.*

I shall say the less upon this Complaint, as I have been pretty full in the former, and tho' the Causes are different yet the Cure may be obtained, by much the same Treatment, some Allowances being made for the Difference of Symptoms.

Another Sort of *Cholic* which I shall briefly treat of, is call'd a *Neptritic Cholic*, being an Obstruction, or Pain in making Water. This *Cholic* may take its Rise from Gravel or Stone, tho'



tho' very often from drinking too much strong stale old Beer : the Symptoms are so alike that it is difficult to distinguish which is the Cause ; if from the Gravel, or Stone ; there is a Pain in the Kidneys, Ureters and Neck of the Bladder, with a Sting after making Water, at the End of the Urethra, and so it is, when the Parts are only inflamed, by strong Liquors : the Urine will give some Light into the Case, tho' not so as the *Piss-Doctors* plead for, but if it is either Stone, or Gravel, the *Cholic* proceeds from, after the Urine has stood a little Time you may perceive some small Stones or Gravel, at the Bottom of the Urinal, but if from strong old *October*, this Malady takes its Rise, the Urine then is clear and high colour'd. The most certain Way to get a true Knowledge of its Cause, is from the Account the Patient can give of himself.

Persons afflicted with this, as likewise with other *Cholics*, have too often recourse to Drams, and some Persons who at first drink these warm Cordials for the *Cholic*, let it be of what Kind it will, have contracted so great a liking to them, that they have continued this agreeable Medicine, if not always for a Cure, by way of Prevention ; and have made Gin, Aniseed, or Caraway, so habitual, that well, or ill, they must continue the Remedy : to return, a Cure is to be obtained, by their contraries ; in this Case as in most others, attended with acute  
Pain,

Pain, bleeding, gentle Physick, cooling Emulsions *cum Gum Arabic. et sal Nitri* &c. and low Diet, 'till the Symptoms disappear.

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# C H A P. VI.

## Of a Consumption.

**A** CONSUMPTION (from *Consumo*, to waſt) is a ſubſequent Illneſs, from prior Cauſes; I believe it was ſeldom or never known that a Perſon of good Stamina and Health, fell into a *Consumption*, without ſuffering ſome long Illneſs before, unleſs it is Hereditary. However this Complaint is contracted, or what are the prior Cauſes, 'tis plain they are from ſome ſharp, corroſive Humours in the Blood, which vitiate the Chyle, and prevent Nutrition; it is attended with a Fever, which continues much the ſame, 'till thoſe corroſive Humours by paſſing thro' and in part lodging, on the Lungs, inflame them, which Inflammation is attended with a Cough, and ſoon ſucceeded by Ulcers, ſpitting firſt a thin frothy Matter, and afterwards Corruption. Some Part of the corroſive Humour lodges in the Stomach, or Bowels, and cauſeth either a Vomiting or Loofneſs, and tho' this Matter in the Stomach muſt occaſion a Nauſea, yet ſometimes it being ſo poi-  
nant



nant, causeth a craving, or a false Appetite, and that same Quality, so prevails in the Bowels, as to cause a Loosness, which hastens the Waste; but whether the Loosness continued or stopt, soonest brings on the grand Period, is a Matter of Consideration; if it is continued, and only corrected, or a mild Restraint laid upon it, it may prolong the Patient still, but when it is left to itself, it commonly makes a quick Dispatch. Stopping a Loosness proceeding from any sharp Humour, that Nature is endeavouring to carry off by Stools, is opposing the Way by which Nature is making an Attempt to extricate herself, tho' it proves ineffectual and stopping that Discharge, prevents Part of that corrosive Humour being Evacuated, which Evacuation (while within Bounds) was a Means of prolonging our Patient, and by stopping this Loosness, this Matter being confined, the Fever is augmented, and soon dispatches our Patient that Way.

I shall only observe, if *Consumptions* arise from viscid sharp Humours in the Blood, whether Hereditary, or subsequent to some long ill treated Distemper, the cure must consist in Evacuation, and Alteratives. Testaceous Powder, Asses-Milk, Pudding, and a vegetable Diet, bid fair to support a consumptive Person, as long as he can be kept alive. But these are only palliating Remedies, mitigating Evils which they never can cure, and little Hopes indeed

indeed there are, of succeeding, when Ulcers are formed in the Lungs, and the Patient coughs up, a foetid Pus.

When I recommend alterant Medicines, with prior Evacuations, 'tis before the Case is become desperate, for when there are Ulcers in the Lungs, with spitting of Matter, a Fever with profuse Sweats, and a Loosness, and consequently a great Waste, nothing is to be done but to palliate.

On the first Symptom of a *Consumption*, which is an Heat in the Breast, a slight Fever, with a Thirst, a Rheum which causeth a tickling Cough, 'twill be right to bleed, (and to take the purging Draught order'd in a bilious *Cholic*) to have Issues in the Back, to abstain from Flesh-Diet, and Malt-Liquor, to repeat bleeding in small Quantities often, as also the Purge, and strictly to observe a cool Regimen, with moderate Exercise, and to avoid cold damp Air. And if these Symptoms continue, take the following Medicines.

℞ *Conserv. e fruct. Cynosbat.* ℥j.

*Pulv. Gum. Guaiac.* ℥ss

*Cinnab. Antimon.* zij

*Sal. Nitr.* zjss *Syr. Balsam* q. s. ft.

*Electar. Cujus. capt. quantitat. N. M. ter in Die horis medicis superbibendo.* ℥4 *Aq. Calc. min. comp. Si Symptomata non Removeantur, de novo Processus Integer repetatur.*



## C H A P. VII.

*Of a Diarrhæa.*

**A** *Diarrhæa* from διαρρέω, *Perfluo*, to flow thro', commonly call'd a *Loosness*. This natural Evacuation, ariseth from sharp Humours vellicating the Intestines, whereby the peristaltic Motion is encreas'd, which hastens off the Contents: a Loosness is often (after the Crisis of an Illness) a Discharge, to carry off that Part of the morbid Matter separated from the Blood, and falling upon the Stomach, or Intestines. It also proceeds from various Causes, either from excess of eating, and drinking, and often to the most regular, and healthful, being a natural Purging, which discharges all such corrosive Humours as are occasioned by Indigestion or any accumulation of morbid Matter of any Kind, whereby many Persons escape Diseases, and enjoy good Health. This Evacuation I look upon as a great Blessing to such, who about once in three or four Months have a lax, to carry off all the Impurities of the Body, which possibly, had they not been evacuated, would have produced some obstinate Illness; and as this is the Way, Nature has wisely chosen  
sen

sen to discharge the morbid Cause of many obstinate, if not fatal Distempers, we ought to be very cautious, how we abruptly interrupt her wise Designs, when she is endeavouring her own Relief. In order the better to act, we must consider, whether this Looseness, is a natural Out-let for such Humours, which if retained, might have produced an Illness of bad Consequence; or whether, it is occasioned, by a feeble lax State of the Viscera, which have lost their natural Tone and Ability, if so, we must correct and strengthen.

If a Looseness proceeds from some indigested sharp Humours in the Stomach, a gentle Vomit of *Ipecacuana* will be adviseable, and when in the Bowels to purge it off with *Rhubarb*, &c. I think, an Opiate after a Vomit, or the first Purge being joined with an Opiate, or an Astringent, wrong. For after the Vomit has acted as a Vomit, yet some Part of the indigested Crudities, will be forced into the Intestines, that ought not to be left there; an Opiate, or an Astringent join'd with *Rhubarb*, will lock up Part of the Cause we want to discharge, but after a Purge which acts briskly, it may not be improper. If a Looseness is attended with Pain, as in *Cholics* 'twill be proper to bleed, to drink small Chicken, Veal, or Mutton-Broth, and if it continues after purging with *Rhubarb*, then give the following Bolus.

N 2

℞ *Pulv.*



℞ Pulv. Rhabarb. torrif. ℥j  
 Confect. Cardiac. ℥ss Laud. Liq. gt. x.  
 Ol. Cinamom. gt. j Syr. de mecon q. s. ft. Bolus  
 hora Somni. sumendus.

The next Day, if the Loosness does not abate, but you have Reason to think it continues from a weak Tone of the Parts, and not from any sharp corrosive Humours, remaining in the Bowels, 'twill then be requisite, to give the following Cordial Astringent mixture.

℞ Aq. Cinam. simp.  
 Menth. simp. ana ℥4  
 Pæon. Comp. ℥ij  
 Confect. Cardiac. ℥ss spt. Lavend. compt. ℥iij  
 M. Cujus.umat. coch. ij post singulas. sedes liquidas. et. pro. Potu. ordinario, bibat.  
 Haustum. apozem. sequent.

℞ Corn. Cerv Calc. Pulv. ℥ij  
 Rasur. Ejusdem. ℥vj  
 Conserv. Rosar. Rub. ℥j  
 Gum. Arab. ℥ss Coque. in Aq. font. ℥iij  
 Ad. Consump. Part. D. nid. Colat. add. aq.  
 Cinamom. Fort. ℥iij M. ft. Apozem.  
 Bolus cum Rheo, Mistura cum. Elect.  
 Diascord. et Apozema; Omnia. (sicut. opus. Erit) sunt repetenda.

# C H A P. VIII.

## Of an Epilepsy.

**A**N Epilepsy from επιλαμβάνω, *Invado*, to seize, as Persons are taken suddenly, and fall down, for which Reason 'tis call'd by some Writers, *Morbus Caducus*. This Disorder bearing so great an Analogy, with *Apoplexies* and other convulsive Disorders which I have already treated, shall be the more brief upon this Head, but as the Cause in Children, seems very different to what it is in Persons of mature Age, I shall distinguish betwixt the Cause, and Cure, of Children, and those of advanced Years, and on this Account it has been call'd *Morbus puerilis*.

Children as soon as born, are subject to *Epilepsies*, and other convulsive Disorders, from sharp Humours; and are often griped, and troubled with a flatulent *Cholic*, which intense Pain, throws them into Fits, that often carry them off. The Stools of Infants plainly demonstrate, the great Disorder of their Bowels, which should be removed by gentle corrective Purges, the following Mixture will correct and blunt



blunt those sharp Humours, in the Intestines, and promote a Stool or two, to discharge them, and at the same Time, will warm and comfort the Bowels.

℞ *Aq. menth.* ℥iij  
*Confect. Cardiac.*  
*Pulv. Rhei. ana* ℥j  
*Ol. Anis. gt. v. Sacch. alb.* ℥ij  
*Spt. Lavend. Comp.* ℥j *M. Cujus. Cosh.*  
*Parv. j tertiâ, vel quartâ quâq. horâ,*  
*urgent. Dolore. sumat.*

*Applicetur. Emplast. Vesicator. inter sca-*  
*pulas. quamprimum.*

Grown Persons, are often disorder'd by Repletion, and viscid inflammatory Blood : Such when taken with an *Epilepsy*, should bleed largely, blister, and Purge, as in *Apoplexies*, and other convulsive Disorders, and after these Evacuations have been freely and successfully used, then some Restoratives will be proper. No Medicine will so much restore Persons afflicted with convulsive Complaints, and brace up and strengthen the lax State of the whole Machine, as the cold Bath, and it were to be wish'd that the Custom of bathing Infants, was as common among us, as it is, in the North of *Scotland*, where Children as soon as born, are dipt into cold Water, which is continued 'till they are able to go in themselves.

C H A P. IX.

Of an Erysipelatous Fever.

**A**N *Erysipelas*, from ἐρύειν Πέλας (i. e. vicina trahere) by some call'd also *Ignis Sacer*, or St. *Anthony's Fire*. This is a Cutaneous Disorder, common among young sanguine Persons, and hard-drinkers, and amongst the Poorer sort, who often are afflicted with this Complaint, by working too hard in very hot Weather. The Blood in these Subjects is very much inflamed as in Pleurifies, and the viscid Part of the Blood, which affects the Pleura in some Persons, is thrown upon the Surface, and there forms a Tumour which is of a Red shining Cast, very hot and painful.

Bleeding is the first Thing to be done, and largely too; if you Bleed in Time it commonly abates the Inflammation, and prevents a Tumour, especially if you directly Purge, live low, and take cooling Nitrous Medicines.

R̄. *Elect. lenitiv.* zjss.

*Pulv. fol. Senn. Sal. Nitri ana zij Syr. Violar. q. s. ft. Elect. Cujus capt. quant. N. M. bis vel ter in Die superbibendo Haust. Aq. bordij.*

But



But if after Bleeding, Purging, &c. the Inflammation continues, Bleed again, and if the Fever runs high, 'twill be adviseable to Blyster, and if after this treatment the Humour is obstinate and is inclined to gather, 'twill then be necessary to use the following fomentation, and Cataplasm,

℞ *Flor. vel. fol. Sambuc. Malv. Summ. Hyperic. Absinth. vulgar. ana M. ij Sem. Lini Contus. ℥ij Coq. in aq. font. ℔iiij ad iij colat. Stuphæ è panno Laneo hoc Decocto immersæ, calidè admoveantur ter vel quater de Die. Postea applicetur Cataplasm. sequens.*

℞ *Rad Lilior. alb. (in Lact. Vac. decoct.) ℥ij. Panis alb. q. s. ut ft Cataplasm. Cui adde axung. Porcin. Pulv. sem. fœnugræc. ana ℥j M.*

℞ *Infus. Senn. ℥ij Elix. Salutis Syr. de Spin. Cervin. ana ℥ss Pulv. Jalap. ℥ss ft. Haustus, Mane sumendus, et post Duos Dies, (si opus Erit) repetendus.*



C H A P. X.

Of F E V E R S.

I SHALL in briefly treating *Fevers*, take Notice only, of what is call'd a continual *Fever*, and that which is call'd an Intermittent *Fever*, and as I have already treated of that *Fever*, which attends an *Ague*, so shall I distinctly Treat, those arising from Morbific Matter, whether they are Universal or Local.

A *Fever* is Nature's grand Struggle, 'tis the Method she makes use of to relieve herself, when attack'd by any External Infection, or Internal Cause, which generates Morbific Matter, which being receiv'd into the Blood, causeth an Ebullition, which heats and augments the Velocity of the Blood and Spirits; hence proceed the Symptoms of Anxiety, pain in the Head and Back, a nausea and reaching to Vomit, a Thirst, and high Pulse, tho' in some depress'd *Fevers*, the Pulse is low, where the Circulation of the Blood is impeded. These Symptoms are common to most Distempers which are attended with *Fevers*.



It will be prudent to wait a little, to see which way Nature will endeavour to dispose of the febrile Cause; if the Matter is viscid, and tenacious, its very likely to prove an *Ague*, a *Pleurisy*, a *Peripneumonia*, an *Erysipelas*, or possibly an *Abscess*, or *Tumour*, may collect the whole, and a Cure may be obtained, from their Discharge only: this happens just as Nature dictates, but if any one Part is more weak than another, by some prior Illness, that is more likely again to suffer, for tho' the viscid Matter fluctuates at first, universally, yet where that Matter attacks a distemper'd Part, the Resistance from that Part, is not sufficient to repel that Matter, which fixes, and there is formed the Seat of the Complaint, and from that Part, it takes its Name. But while this febrile Matter is fluid enough to move on in the Circulation, the *Fever* continues, which is absolutely requisite it should, to separate this Matter, from the Blood, and form a Crisis, to relieve our Patient, and until such a Separation is performed, and a Crisis obtained, it continues a *Fever* with severe Symptoms, without Intermission, or Remission, and too often continues to the last Period of Life. But where we find Nature has too much upon her Hands, and this febrile Cause can't be separated, and no Crisis is formed, nor any one Discharge offers to relieve, we should directly bleed, give cooling, gentle Opiates, dilute plentifully, and  
not

not only make room, and give more Liberty to Nature, but to offer such Assistance as we judge will be most agreeable.

But how many have suffer'd by those, who instead of Evacuations, and a cool Regimen to lower, and abate a *Fever*, have by a contrary Practice, greatly heighten'd, and prolong'd it. When Vomits, hot Medicines, and Opiates were so much in Vogue, very little bleeding, if any, purging condemn'd, as Male-Practice, or very sparing of them, and a Draught of Small-Beer, or cold Water, was refused them to cool their Tongue. But instead of these, a Cordial-Bolus, with *Venice Treacle* &c. every four Hours, wash'd down, with good Store of Pearl Cordials, a Linctus to be taken between whiles, with Oiles, and Syrups, and to mend the Matter, *Sperma Ceti*, in the Yolk of an Egg, and an Apozem, of the pectoral Kind, but often, of burnt Hart's-horn, and strong Cinamon-Water, to prevent what they apprehended then Danger, a Loosness, which in all probability would have cured the Patient, this was some few Years since, too much the Practice, tho' I hope not so much in these our Days, all the Hopes of Success, were then from Sweats, which in my Opinion they took wrong Measures to procure, but a Supply, and Repetition of these Medicines were long continued; and the better to content the Patient and his Friends about him, were often alter'd in Dress and Form,

O 2 tho'



tho' actually the same Medicines, and often could procure by such Treatment, no Sweats, no Stools, no Separation in the Urine, the Patient still in Flames. The next Application is Blysters: Blysters before Evacuations are certainly wrong, the Flies both heat and augment the Velocity of the Blood, they stimulate too much, in full Vessels with inflamed Blood; such who expect Relief, from the Discharge, which sometimes happens, from Blysters, don't consider the bad Effects of the Flies, before that Discharge can be obtained; instead of a digested Matter, or a clear Serum at first, they may see a Sanies, or bloody Matter, extravasated by the Force of the Flies, in small full Blood-Vessels, such Practice as this is adding Fuel to the Flames. After this Manner, have I seen many a one treated, for three Weeks, a Month, or more, some could not stand so warm a Seige, but were forced sooner to resign, others by the Strength of a good Constitution, have stood the Battle, and escaped with their Lives.

However suitable this Practice was to the Patient, I believe 'twas very agreeable to the Practitioner, for after a Month or six Weeks Discipline of Medicines, which the Patient had bravely strugled thro', yet he was thereby, so reduced that he could not possibly be recruited under another Month, by restorative Cordials, Bark, Bitters, &c.

Such

Such a *Fever* as this, may properly be call'd a continual *Fever*, for a *Fever* thus treated, is likely to continue as long as the Life of the Patient. But when bleeding, purging, diluting &c. are made use of, and Nature breaks out into Sweats, or opens the Back-door, and a Loosness ensues, the *Fever* will in all probability, soon intermit, and the Patient be cured speedily. Instead of the hot Treatment, I have before been describing, I bleed largely, and frequently. That honest skilful Physician Dr. *Sydenham*, used Phlebotomy at the beginning of a *Fever*, tho' best in small Quantities. In some Cases, he would purge, and dilute, but more often chose Cordial, and paragorick Medicines. Our modern Physicians, are greatly come of late, into Evacuations, and cool Medicines, which most certainly best answers the Patients Purpose, and that is what every skilful, honest Man will prefer to any other View.

But if Nature, or the Evacuations made use of, have not abated the Symptoms, and no intermission is obtained, and the Pulse is full and high, a Thirst with a hard dry Tongue, the Pain in the Head, and indeed in most parts of the Body not lessen'd, but rather encreas'd, Bleed again, and Blyster, and as much as possible promote his Drinking small Teas, Cool Tankard, with a little White Wine, Lemon  
and



and Sugar, and by turns good small Beer, and give him the following Electuary,

*Rx Conserv. Lujul. Cynosb. ana ʒvj*  
*Nitr. purificat. ʒß*  
*Pulv. Test. Ostreor. ppt. ʒij*  
*Syr. è Succo Limon. q. s. ft. Elect. Cujus*  
*Cap. quantitat. N. M. 4tà quâq horâ cum*  
*Cochl. iv Fulep. Seq.*  
*Rx Aq. Alexeter. simp. Rosar. Damasc. ana ʒßß*  
*Theriacalis. ʒiij*  
*Syr. e Succ. Limon. ʒjßß M. ft. Fulep.*  
*Cujus Cap. Cochl. iv. per interval in Lan-*  
*guoribus.*

These Medicines will cool, and allay the Heat of the Blood, abate the Thirst, calm the Pulse, and will invite a gentle Diaphoresis, and promote a Stool or two; by this Treatment the Blood will be unloaded, the Stomach and Viscera emptied, and Nature will have more room to exert herself; and this I am Confident of, if we don't gain an Intermission so soon as we wish'd for, we bid fair for it, and I am well convinced by this cool Treatment, we do no Mischief, we neither heighten or prolong the *Fever*, nor risque any bad Consequence thereby.

One Case or two I shall mention, to prove the bad Effects of an Hot Treatment, and the good Effects of the reverse.

About

About Twelve Years since I was sent for, to a young Gentleman of a Plethoric Habit, who had lived very freely: He told me he had catch'd a Cold, and desired I would give him something that would make him sweat. I told him I feared he had got too much heat, by taking a free Glass, and would have him Bleed, he was so averse to Bleeding, I could not prevail with him, but he persisted in my sending him a Sudorific. After I had directed him to take small White Wine Whey, and other cooling Liquors, I sent him the following Draught,

*Rx Aq. Alexeter. simp. ℥jss  
Theriaca. ʒvi*

*Pulv. e chel. cancr. Comp. ʒj Syr. e Succ.  
Limon. ℥ss Sal. vol. Ol. gt. 30 M. ft. Haustus  
horâ Somni sumendus.*

When I saw him in the Morning, and enquired what Night he had, they told me he had been very Restless, and had very little Sleep, no Sweat, but was very Hot, a high Pulse, a dry Tongue, and great Thirst, and since I first saw him, he had no Stool, I again press'd him very much to Bleed, which he would not consent to, I apprehending him to be in great Danger, and he obstinately refusing what I judged to be proper, I desired a Physician might be sent for, by whom he might be Ruled, and receive Benefit; and accordingly



ly a Physician was call'd in, but as he order'd neither Bleeding, nor cooling Physick, nor a Clyster, but warm Cordial Sudorific Medicines, I must confess, I had very small Hopes, of an Alteration for the Better. I took the Liberty with great Submission to ask the Doctor, if Bleeding was not requisite, and as he had been without Stools for three or four Days, whether it would not be proper, to procure him one or two, the Doctor answer'd in the Negative. He did not judge Evacuations of these Kinds requisite, the Medicines he had directed, would throw him into Sweats, and relieve him.

Towards Night he grew very Restless, and had had no Stool, no Sweats, but great Inquietude, almost delirious, in a flaming Heat, and his Pulse very High. I left him to take the Medicines as the Doctor had order'd, and the next Morning when I saw him, he had had a very bad Night, and the Symptoms were much the same, or rather worse, and no Stool yet. I was then convinc'd, without speedy Relief he must soon Die, I then made bold to tell the Doctor, unless he was directly Bled and Stools procured, and then Blyster'd, he'd Die before Night. Which the Doctor would not yet agree to, but still persisted, he'd soon sweat, and that would relieve him.

I went directly and told his Brother, the Danger my Patient was in, and that unless he was otherwise treated, than what he was, he would inevitably die very soon; and begg'd that another Physician might be call'd in, which the Brother agreed to, and immediately sent for a very eminent Gentleman, who, as soon as he saw our Patient, order'd him to be bled, and gave him a Solution of Manna, and Glauber Salts, applied three Blysters, and directed cooling Medicines, which would rather invite, than force Sweats : this Alteration of Treatment was so succesful, as to give an immediate Turn to our Patient's Symptoms, for his Heat abated, his Bowels emptyed, his Pulse lower'd, and he soon fell into a Sleep, a Sweat broke out, and his Delirium vanished. In the Morning following, our new Physician, thought proper to bleed again, order'd the Manna and Salts to be repeated, and afterwards directed the following.

*Rx Aq. Menth. Vin. alb. Succ. Limon. ana*  
3vj.

*Sal. Asinth. ʒj*

*Sacch. alb. 3j*

*ft. Haustus 4tá quâq borâ sumend.*

By the Evacuations, diluting, and these Draughts he soon recover'd. But had he continued the hot Treatment, what must have been the Consequence I leave to Judgment



## C H A P. XI.

*Of Intermittent Fevers.*

**A**N *Intermittent Fever*, differs from the former, by a Cessation, of the Ebullition, or Fermentation of the Blood, whereby there is a Truce, or Intermision of all the Symptoms, for such a Space; during which Time (as in *Agues*) the Person seems greatly recover'd, but in a little Time, the Ebullition returns and all the Symptoms of the *Fever*. This happens, when the febrile Matter is thin enough to fluctuate in the Circulation, but it soon causeth a Separation, from a fresh Fermentation, and the Matter is expell'd thro' the Pores, or by Urine, or Stools, and often by them all three.

This *Fever* differs from an *Ague*, only in this, that the Matter in intermittent *Fevers*, is not so viscid and tenacious, as to obstruct the Circulation, in the Capillaries, and occasion a Chilness, Pain, shivering &c. Some *Fevers*, upon the first approach, will by some Evacuation, so abate the febrile Matter, as to gain a Truce, or Intermision, the more fluid Part of this morbidic Matter, goes off by Sweats, and  
the

the more gross, are carryed off by Urine and Stools.

Nature often brings about Cures, when she is not hinder'd by the Opposition of the Unskilful, who frequently by Ignorance, stop such Efforts of Nature, which would have obtained a Cure of themselves, whereby the Complaint is so encreas'd, as to be made a fatal Disease.

*Fevers* which have true and regular Intermiſſions, whether from the Power of Nature, or the Assistance of Medicines, may more justly be call'd intermittent *Fevers*: But when these Intermiſſions are obtained by the Efforts of Nature, the febrile Matter is so much lessen'd by Evacuations, as there is not a Quantity sufficient left in the Blood, to raise an Ebullition, and of Consequence no *Fever*; and all the Symptoms disappear, and return no more: In such a Case, Nature obtains a Cure, without any Assistance from Art.

But if the Returns of *Intermittent Fevers*, continue long, it plainly indicates, that altho' the febrile Matter is still so thin, as to fluctuate, and great Quantity of that Matter, hath been evacuated, yet there is so much left in the Blood, or daily generated, from a morbid state of the Body, as to cause fresh Ebullitions, and which return the Symptoms again; in this Case, Nature has too much to struggle with, and



calls for Assistance, and the most likely Means to help her will be to bleed, and purge, and afterwards to give the Bark as directed in the Intermission of *Agues*. And all that's material to be observed, in curing *Fevers*, is rightly to distinguish what *Fever* you are going to cure, whether it is a continual *Fever*, intermittent *Fever*, *Ague*, or any other inflammatory *Fever*, such as a *Pleurisy*, and the like.

As there are different *Fevers*, so are there different Degrees of the Causes of these *Fevers*: the more Matter to be discharg'd, that is the more foul the Blood is, the more Ebullitions are occasioned to separate it, and more Evacuations to expel it, and that Matter, that is thin enough to fluctuate, and Nature can't form a Crisis, will still continue on the Ebullition; but when the Matter, by Evacuation, is less'n'd, then the Ebullition ceaseth for a Time, 'till so much more is bred, and added to what before remained in the Blood, whereby the *Fever* is return'd, which Returns are lasting and severe, according to the Quantity, and Quality of that Matter. And when this Matter, is viscid, and tenacious, then it obstructs the small Vessels, and shews itself in the Shape of an *Ague*.

All *Fevers*, as I before observ'd, are Nature's grand Efforts she makes use of to extricate herself from her morbidic Enemies, she must raise a *Fever*, to separate, concoct, and discharge

discharge the original Cause. Those Persons, that are most healthful, (unless they have natural Purgings, by a Looseness, three or four Times in a Year, or oftener, to discharge a perpetual Growth of morbid Matter,) require a *Fever*, to free them of that slow Poison, which so vitiates the Blood and Juices, and which would in Time, wear, and consume them; but after Nature has rallied her Force, and resisted a *Fever*, that lurking Taint which has vitiated the Mass, is separated, and discharged: Many Persons when recovered of a *Fever*, are in better Health, than they had for a long Time before enjoy'd, while this febrile Matter was hatching.

And tho' many *Fevers* go away of themselves, by the Endeavours of Nature only, yet after these *Fevers*, we should bleed and purge, to carry off the Remains of the febrile Cause still left behind; and as Nature has greatly spent herself, by a long Conflict, in order to extricate herself, whereby the Tone, and natural Ability of the Parts have greatly suffer'd, 'twill be adviseable to give the Bark, which is the best Medicine that can be given, to make good the Injuries received from a long *Fever*, which will at the same Time, reduce the Matter that before escap'd, and hinder the Growth of any more, and is a sure Medicine to prevent a Relapse. Persons after their Recovery from an Illness, are apt to eat and drink too much,  
which



which often kindles up a second *Fever*, especially if not bled and and purg'd after the first. And this *Fever*, is commonly more fatal, than the first, the Reason is, Nature was so greatly spent with the last Encounter, as not to be able to undergo another. This will be most safely guarded against, and a Train of subsequent Evils escaped, by bleeding, purging, and taking the Bark, living low, moderate Exercise, and the cold Bath.

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## C H A P. XII.

*Of a Gonorrhæa.*

**A** GONORRHÆA from γονή *Semen*, and ῥέω, *fluo, to flow*. So call'd by the *Ancients*, to signify an involuntary Emission of Seed, by which is more properly understood, a seminal Weakness, which may take its rise from some accidental Strain, rather than what ariseth from an impure Coition.

This modish Distemper genteely call'd a *Clap*, is an Ulcer from a venereal Infection, lodged in, or upon any Part of the Penis, whether in the Urethra, or on the Glands, or Prepuce, but most commonly in the Urethra.

The first Symptom is an Itching in the Part where this virulent Pus lodgeth.

The

The next Symptom, is a thin, sharp Ichorous Discharge and this is attended with Pain, in making Water.

Another Symptom is a Discharge of Matter which from the infectious Cause at first is of a white Colour, tinged with yellow, and sometimes green, which depends upon the different Degrees of Infection. And this Complaint, now a days is call'd a simple *Clap*. 'Twas very improperly call'd a *Gonorrhæa*, as it is really a Matter discharg'd, from a *Venereal Ulcer*, and not an involuntary Emission of Seed, and the Appellation of the Running of the Reins, is also as absurd.

This fashionable Complaint, may (by some modern young Sinners) be kept a Secret too long, but in this polite Age, that is very seldom the Case, for as it is become very common, the shame also is become less. I believe I may with Certainty say, where one contracted a Complaint of this Kind, an hundred Years ago, twenty do now, notwithstanding the many Contrivances, made use of, to escape the Danger. But to return, tho' some few suffer by not applying for Cure soon, there are many more suffer, by applying to the Unskilful, for altho' this is become, a very common Complaint, and many undertake to cure it, yet there are but few, who really understand the Nature of this Disorder, and how properly to treat it.



I shall briefly touch upon the bad Consequence arising from injudicious Treatment, and advance my Thoughts, concerning a more rational, and successful One.

But before I enter upon the Cure, I shall offer a Circumstance or two, which some Practitioners as yet are not reconciled about, and as I have met with some Instances of this Kind, I shall relate what I have observed, concerning two Men lying with one Woman, within the Space of a Quarter of an Hour, from each other. One of them, was clap'd, and the other was not, they both apply'd to me, one really wanted Assistance, and the other feared he should. One of them received the Infection, and was severely clap'd, whom I cur'd. The other, who equally deserv'd it, escaped. This may seem Unaccountable to some, others I don't doubt can better account for it than myself. Nevertheless, I shall take the Liberty to say, what I think the Reason was, that one should receive the virulent Taint, and the other not.

The Infection, which the first Person received from the Woman in the Art of Coition, I apprehend was from the Virus lodged in the Wrinkles of the Vagina, where the Ulcer was first contracted by the Woman. This Gentleman who received the Damage, had the first Engagement with her, who in the very Act, did wipe off, and bring away the Matter lodged, whether in the Rugæ, or in any other  
Part

Part of the Vagina, so as to leave none behind to infect his Companion; I say this seems to me, to be highly probable, and must be the Case, tho' the same Way of Reasoning, will make the first liable to escape, and the last, to receive the Infection: For this infectious Matter, may possibly lie too high in the Vagina, for the first to reach, and so he escape, yet he may have dislodg'd and removed it, by the Action, and left it ready, for the Reception of the next Gallant. Whether this was really the Case or not, I submit, but this I am convinced of, that the same Infection, let it be from the small or great Pox, will not produce the same Degree of Illness in two different Persons, and had these two Gentlemen both equally alike received the Infection, if it had not equally affected them, it would both, in some Degree; but one of these received the Virulency, and was severely clapt, and the other not receiving any Damage, I must conclude that he escaped the Infection intirely. I shall next proceed to a rational safe Method of curing those who are not so fortunate as to escape; but shall first touch upon the bad Consequences, arising from the Practice of the Unskilful.

Some Men, I fear too many, who undertake Cures of this Kind, are so Ignorant of the Nature of this Distemper, and how properly to apply to it, that not only Persons, whom they

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have



have the handling of suffer, but the bad Consequences are entailed upon their Posterity, from Generation to Generation. To see Children branded with the infamous Marks of their Parents Iniquities, a sickly puny Race of guiltless young Ones, afflicted with many consequent Diseases; I say what a moving Scene it must be to such Parents, who are conscious from whence those Evils are derived, to see their poor wretched Offsprings, inherit the miserable Consequences, languishing for a considerable Time and wearing out Life in Misery, till Death at last gives them a kind Reprieve.

These unhappy Consequences, must greatly afflict the tender relenting Parent to his last Moments, tho' they were not altogether owing to his Indiscretions, but to the Ignorance, or Knavery, of his Practitioner, who undertook what he could not perform, and brought on all these melancholy consequential Evils, which had otherwise been escaped.

Such Practitioners as these have commonly but one Method, by which they, (without varying,) treat all Persons, in all Degrees of the Distemper, and that is, chiefly strong rough Physick, which operates with so much Violence, as often to occasion Inflammations, and Ulcers, or make a local Complaint an universal Illness, by which Means from a very slight Disorder, a fatal Disease is accumulated, and if this don't prove the Case, they by their repeated

peated strong Doses, bring on Gleet, and such Weaknesses, as then may be call'd a *Gonorrhæa*, which possibly, they can never cure, nor any one else.

On the other Hand, some purge too little, but use Injections, and give Astringents too soon, so confine the Virus, and pox their Patients.

If these (besides many more) are the unhappy Consequences, how greatly it behoves every one, to guard against the Commission of such Imprudences, and such, who may inadvertently contract this genteel Complaint, ought to be very careful, whom he makes choice of, for a Cure. And he who undertakes Cures of this Kind, should be a steady sagacious Person, one who hath read thro' the Works of the *Ancients*, as well as seen the Practice of the *Moderns*, one who has attended our Hospitals, or Locks in *London*, and has from long Practice of his own, reflected upon the various Degrees, of the Disorder, and the Manner of treating it, has strictly observed, the rational and successful Method used, and takes Care to guide his own Practice thereby. One who is honest as well as judicious, is the most proper Man to apply to.

Such a Practitioner, will treat it as, what it really is, a local Complaint, an Ulcer in the Urethra, or on any other Part, whether the Glans, Prepuce, Scrotum &c. And as an Ulcer, or at first, as an Inflammation, will (if he sees occasion) bleed, and then give soft cooling



Physick, and wash the Part with warm Milk, and if in the Urethra, to inject a little, three or four Times a Day, to keep the Part clean and cool, to encourage, and not prevent the Discharge. This is all that Need be done, if 'tis but done soon enough, by doing of this, very likely, there will be no occasion to do much more. For by this Method, you'll keep off Inflammations, or if there are any, you'll abate them and give Time for the Ulcer to digest, and often it will cure itself, if not, by a very little Assistance. The following Purge may be given, at the first Appearance of the Disease.

*Rx Infus. Senn. ℥ijss.*

*In qua solvantur. Mann. el. Sal. mirab. Glaub. ana ℥ss*

*M. Ft. Haustus. mane. cum. leni. Observatione. sumendus. et post Duos vel. tres Dies. repetendus. Diebus a Purgatione vacuis. sumat. sequentia.*

*Rx Test. Ostr. ppt. Sal. Nitri. Sacch. albiss ana ʒj*

*M. jt. Pulvis in chart vi Divid. quarum unam Capt. 6tâ quâq' horâ, cum Haust. Emulsionis seq.*

*Rx Aq. Hordei. ℔j*

*In. qua. solvatur Gum. Arab. ʒj.*

*Amigd. Dulc. decort. sem. Papaver. alb. ana ʒss*

*Contund. in Mortar. ut ft. Emulsio. cui. adde*

*adde Syr. Altheæ ʒjss  
Cujus bibat Copiose ad libitum*

This Treatment, often without doing any thing else, will safely bring about a Cure. The Patient as well as the Practitioner, is too apt, to be in a Hurry, and by endeavouring to get well too soon, are often Times the longer, for it is very evident, any Wound healed before the Matter is well digested, and discharged, will break out again.

I shall next briefly touch upon this Complaint, (when either by Neglect of the Patient, or ill Treatment of his Operator) it has arrived at a greater Degree of Malignity, and the Cure is more Difficult to effect.

In this State of the Illness, the Patient hath either a tumified Prepuce, or the Glans ulcerated, or inflamed, the Frænum contracted, with pocky Caruncles, or Shankers, Swellings in the Groins, call'd Bubos, with a violent Pain in most of the Parts mentioned, and often with inflamed swelled Testicles. If the Tumour in the Groin can be brought to Suppuration, it should be open'd, and the Discharge should be promoted. Afterwards Medicines of an active purging Nature, ought to be given.

If the Prepuce, Glans, or Scrotum, are tumified, they should be fomented twice a Day, and after dressing the Ulcers, and Shankers

apply



apply a Cataplasm, and at the same Time, give the following Medicines.

*R̄ Mercur. d. sexties sublimat. ʒʒ*

*Cons. Rosar. Rubr. q. s. ft. Pil. no jii  
quaurm unam Capt. singal. no ʒte. horá  
somnia.*

*R̄ Infus. Senn. ʒji*

*Elix. Salutis. Syr. de Spin. Cerv. ana ʒʒ  
Pulv. Rad. Jalap. ʒj*

*M. ft. Haustus Mane sequent. (post Pi-  
lular Consumptionem) sumend. et (cum  
usu Pilular. prescript) post 4 Dies repe-  
tend. Si Scrotum, vel Penis, Tumore af-  
ficiatur. quamprimum. Mittatur sanguis  
e Brachio ad ʒxji.*

A greater Degree of this Distemper, attended with Breakings out, in most Parts of the Body, with Ulcers in the Uvula, Nose, Palate of the Mouth &c. with a Train of dreadful Symptoms, another Course must be taken, which I leave to our Hospitals and Locks, as more capable of treating those miserable unhappy Subjects.

Tho' many good Cures are perform'd by Salivation, yet I can't think it a natural Way, to discharge that poisonous Matter, through the salival Glands. A Course of Mercurials, at proper Times purged off, proper Dressings, with Medicines prepared of *Cinnabar*, *Gum Guaiacum*, &c. A Decoction of the Woods and by Intervals, the Mercurials, and Purges repeated,

repeated, would answer the same End, without running the Hazard of killing a Patient, in order to cure him. For I have known many die of *Consumptions* after Salivations: This Practice I had a great Share of, when I took Care of the Poor in St. *Andrews, Holborn*, and seldom failed of curing, by the Method I have been mentioning. As this Practice is so much better understood, by the Gentlemen, who attend the publick Hospitals, and Infirmaries in *London*, I don't presume to give Directions to them, but on Account of the ill Consequences I have known to arise from the bad Treatment, of some quackish Practitioners, both in Town and Country, I offer them my Thoughts, whether they are acceptable or not.

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C H A P. XIII.

*Of the Hæmorrhoids.*

THE Word *Hæmorrhoid* is a Compound, from *αἷμα*, *Sanguis*, and *ῥέω*, *Fluo*, This Distemper is commonly call'd the *Piles*, and Persons of both Sexes are liable to it, after they come to Maturity, but the Females are not so subject as the Men, their Menses, (which this Discharge greatly resembles) com-



commonly carry off, that fullness of Blood, the Cause of this Complaint in Men, through the *Uterine Vessels*.

Persons of strong, robust, sanguine Constitutions, who live freely, are mostly afflicted with this Complaint, especially those, who drink large Quantities of mild Ale, if they are not luckily favour'd with a lax Habit, which natural Purging, carries off this Overplus. Some Men I have known to have had a Discharge by the *Hæmorrhoidal Veins*, from twenty-five, or thirty Years of Age, to their Lives End. The Periods of this Outlet, are according to the Excess, or Abstemiousness in living, and most frequently it succeeds the last Night's Debauch.

This Distemper takes its Rise from a Plethora, this fullness of Blood, forceth open the Inosculation of the *Hæmorrhoidal Veins*, and thereby empties those Veins by bleeding, which is call'd the *Piles*. Persons who are afflicted with this Complaint, are frequently (a little before it happens, while the Blood Vessels are full) feverish, with an Head-ach, a burning Heat, and a smart Itching in Ano; and these Symptoms, after the collected Blood is discharg'd, all disappear, and the Person is easy, brisk, and greatly relieved.

This should not be call'd a Complaint by hard Drinkers, but a kind Indulgence of Nature, for carrying off the Effects of Excess and

Irregularity, in so favourable a Manner, which in all Probability, would (if not so discharged) have occasioned some Illness, which might have been attended with bad Consequences. I should make some Distinction betwixt the Discharge from a Collection of Blood in the Hæmorrhoidal Veins, and what is more properly call'd the *Piles*, which don't happen so often, as they ought differently to be regarded, as to the Manner of Treatment. The first is an Outlet, Nature makes use of, to discharge the superfluous Blood, and free herself from Humours, derived from Excess, which ought not to be meddled with, unless this Discharge is too great, and then very cautiously, least we do Mischief.

The *Piles* chiefly complained of, are either external, or internal, proceeding from viscid Blood, lodging in the Vessels, in the Extremity of the Rectum, and are more painful than what is occasioned by that other large periodical Discharge, which I have before described, and not so beneficial; both these Complaints take their Rise from the same Cause. but as these small Tumours, or Abscesses, are some Time before they can either be brought to discharge themselves, or are too obstinate to be repell'd, some Method should be taken in order to relieve the Patient. As bleeding, gentle cooling Physick, small Broths, low simple Diet, with a few proper Medicines.



*Mittatur sanguis e Brachio ad ℥xiv*

℞ *Cons. e fruct. Cynosbat. ℥j*  
*Spec. e Tragacanth. comp. ℥j*  
*Sal. Nitri ℥ss*

*Syr. de Althæ. q. s. ft Elect. Molle, Cujus*  
*Capt. quantitat. N. M. Larg. 4tâ quâq*  
*horâ superbibendo Haust. Emulsionis. cum*  
*aq. bordei amigd. dulc. et Sem. papaver.*  
*Ec. ut prius præscript. vel Elect. seq.*

℞ *Elect. Lenit. ℥j*  
*Flor. Sulph. sal. Prunel. ana ℥ss*  
*Coccinel. ℥jss*

*Syr. violar. q. s. ft Elect. Capiat ut supra.*  
*Si Partes affectæ cum Tumore afficiantur,*  
*Repetatur Venæsectio, et admoveantur Par-*  
*tib. tumifac. Cataplasma, et fots ut præscript.*  
*in febre Erysipelat.*

Altho' the Hæmorrhoidal Evacuation, in many plethoric Habits, is of great Moment, to preserve them in Health, and prevent many Illnesses, which might possibly arise from Excess, yet if that becomes too predominant, some Restraint must be used to check it.

After taking a large Quantity of Blood from the Arm, let the following Bolus be taken, and afterwards the Electuary.

℞ *Pulv. Rhabarb. ℞j*  
*Confect. cardiac. ℥ss*  
*Ol. Cinnamom. gt j*  
*Laud. Liquid. gt xv*

*Syr.*

*Syr. de mecon. q. s. M ft Bolus horâ somni  
sumendus.*

℞ *Cons. Rosar. Rubr. 3vj*  
*Pulv. Rhabarb. Terr. Japan. Gum. Tra-*  
*gacanth. ana 3jß*  
*Ol. Nucis. mosch. gt 20*  
*Syr. Cydonior. q. s. ft Elect. Cujus Capt.*  
*quant. N. M. ter in Die superbibendo. Cyath.*  
*aq. Spadan. vel Bristol.*

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C H A P. XIV.

*Of the Jaundice.*

**T**H E *Jaundice* is a Distemper, arising from an Obstruction of the Glands of the Liver, which prevents a Separation of the Gall from the Blood; which Juice remaining in the Blood, gives that yellow, or black Tinge to the Eyes, Skin, Urine &c, the Symptoms are Sickness, Reachings to vomit, unactive Spirits, a Lassitude, and wandring Pains.

Phlebotomy is seldom used in this Disorder, tho' I must confess, I can't see any material Objection to it, for if the Glands are obstructed, whereby the Secretion of the Gall from the Blood is prevented, the Glands by being obstructed, are tumified and inflamed, and consequently are attended with a Pain, and a sympto-



matic *Fever*, which will be relieved, by bleeding, and purging, and afterwards to take this Electuary.

R $\bar{x}$  *Cons. Absinth. Rom.* ℥j  
*Pulv. ari Comp. Spec. Aromat. ana* ℥iij  
*Chalyb. (cum aceto ppt)* ℥ss  
*Ol. N. mosch. gt.* xx  
*Syr. simp. q. s. ft. Elect. Cujus Capt.*  
*quant. N. M. tér in Die superbibend. Haust.*  
*Tæ ex florib. Chamæmel. ppt. vel. Pil. se-*  
*quent (cum Thæ. Fl. Chamæmel.) tér in Die.*  
R $\bar{x}$  *sapon Castel.* ℥ss  
*Pulv. ari Compt. Millepid. ppt. Croc. Cas-*  
*tor. Russ. sal. martis ana* ℥j  
*Bals. Peruv. q. s. ft Pil. Ex. singulis*  
*Drachmis f. Pil. No* xij

After some Continuance of these Medicines, if the Symptoms remain, it will be adviseable, to give one large Spoonful of *Hiera Picra*, Night and Morning 'till they quite disappear, and afterwards, to take twenty Drops of the following Elixir, as directed, for a Fortnight,

R $\bar{x}$  *Elix. Aloes. et Vitriol. acid. ana* ℥j  
*Vin. Croc.* ℥ji.  
*M. Cujus Capt.* gt 20  
*Omni. mane jejuno Stomacho, et horâ ante*  
*prandium et horâ 5tâ pomeridianâ, in*  
*Cyatho Vin. alb. cum aq. font. ana p. æ.*

A light Diet, and moderate Exercise are required, and to rise betimes, and to go to Bed early.

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C H A P. XV.

*Of the Measles.*

**T**H E *Measles* chiefly prevail amongst Children. It is a cutaneous Distemper, with small Eruptions, not tending to Suppuration, the Symptoms are much like those in the *Small-Pox*. A Heaviness, violent Sickness, and Reaching to vomit, sometimes hot, and alternately chill, with a white Tongue, a thirst, an hot, sharp Humour, running from the Eyes, and Nostrils, which Symptoms continue, till the third Day, when the Eruptions appear, of a red Cast, like Flea-bites, and continue upon the Surface of the Skin, three or four Days more, and then vanish, leaving no Scars, or Marks behind them, as the *Small-Pox* do. At the heighth these Eruptions don't exceed the Magnitude of Pins-heads.

This Distemper, as most others arising from morbid Matter is attended with a *Fever*, intended by Nature to separate the Matter from the Blood, by Fermentation; and then to throw it upon the Surface, and lastly to support those little Eruptions 'till their Maturity.

Upon



Upon the first approach of this Distemper, (as in other inflammatory Cases) 'twill be adviseable to lose Blood, to take some Lenitive Electuary, or Manna dissolved in Gruel, to procure a purging Stool or two, which will in a great Measure, abate the Sickness and Reachings to vomit, and the Rest of the Symptoms, such as heat, thirst, Pain in the Head &c. the Cough which attends this Complaint will be less aggravating, and the Patient will breathe with more Freedom. I would recommend, keeping as much from Bed in the Day, as possible, to drink freely of small Dilutants, a pectoral Ptisan, made with Figs, Raisins, Liquorish, Maiden-hair, &c. with a few Medicines to abate the *Fever*, if too violent. To avoid strong Things, and be careful how you deal in Saffron, *Venice Treacle*, &c. but the following Medicines I believe will be proper.

℞ *Pulv. oc. cancr. ppt. sal. Prunel. sacchar. albiss. ana ℥ij ft Pulv. in chart. viij dividend. quarum unam Capt. 6ta quâq horâ in cochl. iij Fulep. seq.*

℞ *Aq. Alexet. ℥viii Theriacal. ℥j Syr. Violar. ℥vi Spt. Nitr. dulc. ℥j M. ft Fulep.*

℞ *Ol. amigd. dulc. Syr. de Althæ. ana ℥jss Syr. Limon. ℥ss M ft. Linctus Cujus Capt. Cochl. j urgente Tussi.*

Dr.

Dr. *Sydenham*, adviseth the Patient to keep his Bed for two Days, after the Appearance of the Eruptions, which may be proper, at some Seasons of the Year: since my Remembrance I have known not only a great Fire in the Room, but the Curtains always close, and the Windows darken'd, and the Patient both debarr'd a Blast of cool Air, or a Drop of small Liquor. As soon as those little Spots vanish, 'twill not be amiss to purge, with such Medicines, as will give five or six Stools, which should be repeated at proper Intervals, twice or three Times, and about a Fortnight after, to lose a little more Blood. For altho' Part of this Matter, is discharged by the Eruptions, as in the *Small-Pox*, after the Crisis or Heighth of these little Eruptions, some Part of the Matter returns, (tho' not virulent,) into the Blood, which makes Evacuations absolutely Requisite.

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C H A P. XVI.

*Of the Angina.*

**T**HE *Angina* from ἀγγειν, *Strangulare*, to *Strangle*, a Complaint commonly call'd a *Quinsey*. This is an *Inflammation* in the Jaws, or Throat, which renders Swallowing,



Swallowing, and Breathing very difficult, and these Parts are sometimes so much Tumified, as to make it very Dangerous. At the beginning of this Complaint bleeding at the Arm, and under the Tongue, are certainly right, and directly to give a cooling Purge; and frequently to gargle the Mouth and Throat. And some times, notwithstanding *Phlebotomy*, and *Physick*, have both been complied with, the Tumour will encrease, and in three or four Days, the Matter will suppurate, and if it don't break, it ought to be open'd; this Tumour some times collects Externally, and upon the Appearance of an External Tumour, we should forbear either bleeding or purging, and directly forward it by a proper Cataplasim &c. which is the Way Nature chuseth, and which is the most safe Way, and what we ought to assist her in. And as soon as the Tumour is ripe, to make an Incision, and let out the Matter, which will immediately give Ease, and abate the Symptoms.

When this Matter offers itself, by an external Tumefaction, you may give the Patient more Time, and wait, without risking the Danger you would, was it Internal, but when this matter collects Internally, and don't give way to Evacuations, but will Gather, we should endeavour to hasten it to Break, or open it, as soon as possible, and in this Case, if the Symptoms are very violent tho' we check it

it by this Means, we must bleed largely, and repeat it, and blyfter too, and as near the Part as can be conveniently done, some cooling Medicines may be helpful, to abate Anguish, and make the Symptoms more tolerable, 'til the Matter is dispersed, such as are here underwritten.

℞ *Cons. Lujul.* ʒss  
*Nitr. depurat.* ʒss  
*Ocul. caner. p. gr.* viij  
*Syr. e Succ. Limon. q. s. ft. Bolus 4tâ quâq*  
*horâ, sumend. cum Haust. Aq. hordei, vel.*  
*Emulsionis præscript. in febre Erysipelat.*

These Bolus's may be taken before, and after the Tumour is dispersed. The Gargarism to be used is made thus.

℞ *Teæ fol. Salv. rub.* ℥jss  
*Mel. Despumat acet. Vin. alb. Spt. Vin.*  
*gallic. ana ʒiv ft Gargarism sæpe utend.*  
*tepefact.*

After the Tumour is broke, and the Matter discharged, and the Symptoms disappear, 'twill in a few Days be right to bleed and take Physick.





## C H A P. XVII.

*Of the Palsy.*

**T**H E *Palsy* is a Privation of Motion, and sometimes of Sensation, attended with a Chilness, the Flesh becomes soft, and flaccid, and in Time wastes, if this Privation be in all the Parts below the Head, except the Thorax and Heart, it is call'd a *Paraplegia*, if in one Side only, it is call'd *Hemiplegia*, if in some Part only, of one Side, 'tis then call'd *Paralyfis*.

As the Effects of this fatal Distemper are much better understood, than the Cause, I shall offer besides the Methods, commonly made use of, a new Hypothesis, or System, in regard to the Cure of this Illness, which hitherto has been treated with little Success: and if this new advanced System, should be received as rational, by Gentlemen of much greater Abilities, I hope it may be put into Practice, and may the Event prove as successful, as I wish it.

Persons who are afflicted with paralytic Disorders, are seized, much after the same Manner, as those who are struck with a Fit of an  
*Apoplexy*

*Apoplexy*, in which Case there is no Time to be lost, and the first thing done is bleeding; this bids at present fair for a sudden Revulsion: but as soon as possible, I would have a hot Bath prepared, and the Person put into it, as hot, or hotter than those Baths commonly are made, and until such a Bath can be got ready (as I shall recommend) to heat some Water, and put the Patient into it, and as soon as he is in the hot Water, take off the Bandage and let him bleed, as much more, in the Water, and when you judge (by the Time) that he has bled so much more, take him out of the Bath, and after expeditiously wiping him dry, put him into a warm Bed, and give the following Vomit.

R $\acute{x}$  *Aq. Alexet.* ℥j  
*Vitriol. alb.* ℥ss M ft. *Haustus.*

This will operate as soon as it enters the Stomach and then only once, but violently; so as soon as ever the Force of that Strain is over, give the same again, which should be given four, or five Times, and if the first, or second, should not directly, after taken, work, give another, and so on, 'till it does, and afterwards repeat it. This by a quick Operation, and violent Strains, must effect a Revulsion, after bleeding. And as soon as this is over, I should next recommend scarifying the Parts affected most, at least the Arms, Legs, and Back, and



deeply too, and directly rub well into the scarified Parts, some Cantharides, in fine Powder, mixt with Pomatum or Hogs-Lard, or yellow Basilicon, which is of a Consistence, that will answer the Purpose better, by keeping the Flies in the scarified Parts, I say this Unction, plentifully rubb'd with your Hands, will not only force the Flies into the Scarifications, but the very Friction, of your Hands will encrease the Motion of the Blood, and make the Flies much sooner take place, than any otherwise applyed. For in this Case, all that can be done, is to be done at once, and afterwards wrap the Patient, in a Blanket, and cover him up warm, and give him this Purge

*Rx Tinct. Sacræ ℥ji*  
*Pulv. Jalap. ℥ss*  
*Syr. de spin. Cervin. ℥vj M ft Haustus.*

The next Morning if little or no Relief, is obtained from what has been done, make the following Bath.

*Rx Rad. Raphan. incis. ℔jv*  
*Sem. Sinap. contus ℔jss.*  
*Fol. Absinth. vulgar. Rutæ Lavendul.*  
*Chamæmel. ana M. vj*  
*Bacc. Juniper. contus. ℔jss Coq. in aq.*  
*font. q. s. pro Ufu.*

After the Patient has taken the Purge, about four Hours, whether he has had any Stools, or  
not

not, put him into the Bath, and bleed him again in the Bath, what quantity you'll judge best, and after bleeding, put him into a warm Bed, and give the following Medicines.

℞ *Conf. Cardiac.* gr. xv.

*Pulv. Rhab.* gr. viij

*Camph. Sal Succin. ana* gr iv

*Syr. Pæon. Comp. q. s. ft Bolus. statim sumend. et 4tâ quâq horâ repetendus superbibend. Cochl. iv Fulep sequentis.*

℞ *Aq. Alexet. Rutæ Pæon. Comp. ana* ℥iij

*Spt. Lavend. c*

*Tinct. Castor. ana* ℥ij

*Syr. Pæon. Compt. ℥j M ft Fulep.*

As most old Proverbs have some experimental Truth, and Reason for their Foundation, so has this, that *A desperate Disease, must have a desperate Cure*; and tho' this seems pretty severe, yet it is better trying, such Methods as are most likely to succeed, than to stand struck with Admiration, and Astonishment, with the Danger the Patient is in, and do nothing, or what is next to nothing, but like an idle Spectator, give up the Patient, as incurable.

Such as don't chuse to scarifie, and rub the Flies into those Scarifications, should use the Flesh-brush most powerfully, and apply several Blysters, but I fear, while we are waiting for the good Effects of them, we may see our Patient make his Exit.

Bleeding



Bleeding in the warm Bath, is most likely to be serviceable, for the Heat melts the Viscidity of the Blood, and makes it more capable to pass thro' the small obstructed Tubes, the Velocity of the Blood is also augmented, and at the same Time, the Patient is bleeding, which makes Room for a Revulsion, the Bathing, Bleeding, and Medicines, with the Use of the Flies, are all to be used, and repeated, as shall be judged requisite.

This Intention is assisted by the Emetics, the Purge is also useful in emptying the Viscera, and at the same Time, endeavouring a Revulsion. The Flies thus applyed, are most Expeditious, by entering the Blood much sooner, than, by any other Application, and will greatly stimulate and revulse. The Friction in rubbing the Flies into the Scarifications, will promote our Intentions; and a Bath thus prepared, and made use of, seems well adapted to our Designs. The Medicines for, and after Evacuations, bare some Reason of Success. If all or any of them, as they are directed, or as they may hereafter, by better Judgment be alter'd, and amended, and made serviceable, I shall receive an ample Satisfaction, by proposing any Process, or Method, that may tend to so universal a Good.

I shall relate a Case, I lately succeeded in, which I treated much after the same Manner,  
ex-

except scarifying, and the hot Bath, instead of them I order'd the Flesh-Brush to be used feverely, and blister'd plentifully, but we are most likely to succeed by a hot Bath, and the Flies thus applyed, on the scarified Parts which I shall leave to Judgment. The Case was this.

About three Years since I was sent for, to the Widow *Chapman*, of *Toxton*, in *Leicestershire*, whom I found to be afflicted with an *Hemiplegia*, as it affected only one Side, she was quite speechless, and insensible. Her Friends, or rather her Relations, about her, desired I would do what was in my Power to bring her to her Senses, so as she might be able to make her Will, as it would be a very unfortunate Accident, to them, should she die, without one, and if I could but do so much, 'twas all that could be expected. And I believe all that was wish'd for.

I promised I would do my utmost, and directly bled her largely, applyed several Blisters, and gave her the Vomit, I mentioned, and the other Medicines, all which had together, so good an Effect, that the next Morning she made her Will, soon recover'd, and is now very well. One more Story, I shall relate of another Paralytick Patient, who was Wife to an eminent Peruke-maker, in *Cambridge*, at the Time I lived there.

This



This Patient was taken much like the Widow *Chapman*, but continuing Senseless for some Time, I had little or no hopes of her Recovery. After my first seeing her, upon my going down Stairs, I found her Husband very Melancholly, waiting to know my opinion of his Wife's Case, I told him of her great Danger, and that I had very little hopes of her Recovery, but I would do all in my Power for her: He was so well pleased that I would do my best for his afflicted Wife, that he kindly invited me in, and treated me very handsomely. The next Morning when I renewed my Visit, he was impatient to know, what good Account I could give of his Wife, he asked me what Hopes I could give him then, I told him, less then, than over Night, for what I had done, (which was bleeding, blystering, and strong Physick) as yet had made no Alteration, but what I should try then, would determine more absolutely; tho' I might almost say, the Danger was so great, that there remained little room, for hopes of Amendment.

I was as kindly taken in and regaled for my great Care, and he invited me to Dine with him that Day, as I might as much as I could, be in the Way to attend upon any Occasion; in the Afternoon I found my Patient a little coming to herself (the Physick I had given, worked powerfully, and I had given her

her some warm volatile Medicines, which, with the help of a Blyster, all over her Head, besides six more in different Parts) yet I thought proper to keep my Thoughts to myself, not willing to give him Joy, till I had more reason for it. When I saw her the next Morning, she was Warm, and in a gentle breathing Sweat, and more come to herself; upon my going down, he was again ready to enquire how she did, and what I thought of her then: I told him that I had some hopes of her over Night, but now there was a greater Probability of her Recovery, and I could, to his great Satisfaction say, 'twas really now my Opinion, she would get well again, and soon. This good News, was so much Matter of Joy, to her fond Husband, that he had not Power to ask me to go in, and drink a Glass of Wine, as before, or ever after; his Wife recover'd, but not perfectly well, but had some Remains of the *Palsy* in her Speech, and could never walk without Assistance, which is commonly the Case, with many that survive a Fit of a *Palsy*, but whatever were his Reasons, he scarce, ever spoke to me more, and never more employed me.





## C H A P. XVIII

*Of the Menfes.*

**T**HIS Natural Evacuation, is call'd the *Menfes*, from its monthly Periods, peculiar to Females, from about fourteen Years of Age to four-and-forty, but sooner, and later, according to different Constitutions. It proceeds from a Fullness of Blood, after arriving to Maturity, which Blood before, was spent in the Growth of the Body, and this Fullness distends the Vessels, and forceth open, the Mouths of the Veins in the Womb, which having no Valves (as most other Veins have) and perpendicular to the Horizon, and the Blood in those Vessels accumulated, bursts open the Inosculations, and they empty themselves, into the Womb. But as the Cause and Design of this Evacuation, is too Nice for me here to undertake, I shall rather refer those, who would be better informed, than 'tis in my Power, to consult the late ingenious Dr. *Friend's, Emmenologia*. I shall content myself that our wise Creator, has so formed the Body, to answer his first Intentions, that this same Evacuation, is not only a Discharge, or an Outlet, for a Superfluity of Blood, but is also, for the Support

port of the Fœtus, before Birth, and most Women, who suckle, have during that Time, no such menstrual Discharge (unless very plethorick Habits) that this same Over-plus, is converted into Milk, for the Nourishment of the Infant. During which Time, most Women are in good Health, and not subject, to such Complaints, which otherwise attend a Suppression of the *Menses*.

When this natural Flux continues too long or is excessive in Quantity, the Person becomes pale, and languid, with an Inappetency, or Loss of Appetite &c. If this Person, be of a strong full Habit, it will not be amiss to lose a little Blood, but if of a thin, cool, weak Constitution, a little Dose or two of Rhubarb, either in Substance, or Tincture will be more suitable, and afterwards to take this astringent Electuary.

*R̄ Cons. Rosar. Rubr. ʒj*

*Pulv. Rhabarb. Terr. Japan. Gum. Tragacanth. ana ʒjss*

*Cort. Cinnamom. ʒj*

*Ol. Ejusd. gt. xij Syr. e Rosis siccis q. s. ft*

*Elect. Cujus capt. quant. Nucis Mosch. ter in Die. superbibend. cyath. vin. rubr. cum aq. font. p. æ.*

The Patient should eat but little Flesh, drink no Malt-liquor, Calves-Feet boiled, or made a Jelly off, Chicken, Veal, &c. with



smooth Broths, are proper, and will greatly contribute towards the Cure.

As many subsequent Evils, attend an Excess of this menstrual Evacuation, so are there many occasioned by a total Suppression. In this Case, as in all others, we must endeavour to assist Nature, where she wants it, and to check her, when she acts beyond due Bounds; next then I shall briefly explain, some ill Consequences occasioned by a Suppression of the *Menses*, and offer some few Helps to redress Nature, by removing it.

### C H A P. XIX.

## *Of a Suppression of the Menses.*

A Suppression of the *Menses*, is commonly and properly too call'd an Obstruction of Nature, or a want of that monthly Evacuation, which Nature has appointed the fair Sex. It will be improper to call it an obstruction, before it has had a free and natural Course; what never was, can never be obstructed, and until the Time Nature breaks open the Mouths of the uterine Vessels, when young Lasses are sickly, and disorder'd, 'tis call'd *Chlorosis*, or *Green-sickness*. But when once this menstrual Evacuation is begun, and afterwards, at the usual Periods an Abatement, or an entire Cessation

sation happens, 'tis then properly call'd an Obstruction. Every one is so sensible of this Complaint when it befalls her, that it will be needless to say, what every Female knows herself.

I shall only offer some few Directions, how to procure this natural salutary Evacuation, when Nature is prevented in her own wonted Course.

*Ex Pede fluat Sanguis ad ʒxij  
et mane sequent. Capiat Haustum Cathar-*  
*tic.*

*Rʒ Tinct. Sacrae. ʒij  
in qua solvatur Gutt. Gamb. gr. viij  
adde Syr. de Spin. Cervin. ʒss M. ft. Haustus.  
Post duos vel tres Dies cap. Bolum seq.*

*Rʒ Calomel. ʒss  
Cons. Cynosb. q. s. ft Bolus horâ somni su-  
mend. et Mane sequent. Capiat Haustum  
Cathartic. ut præscript. cum Tinctura sacra.  
&c.*

*Bolus præparat. et Haustus Cath. post in-  
terval 4r Dierum repetantur. deinde Elec-  
tar. et Tinctur. Chalybeat. ut superscript.*

*Rʒ Cons. Absinth. Rom. Cort. aurant. ana ʒss  
Spec. Aromat. ʒij*

*Nucis. Mosch. ʒj*

*Chalyb. cum Tart. ppt. ʒvj*

*Syr. e Cort. Aurant. q. s. ft. Elect. de quo  
Capiat quantitatem. N. M. Singulis auro-  
ris, et horâ 11â Matutinâ et horâ 5tâ po-  
meri-*



*meridianâ, superbibend. Cochl. iv. Tinct. seq.*

*R Infus. amar. simp. ℥j*

*Vini Chalyb. ℥iij*

*Spt. Lavend. c. ℥ss M. ft. Tinctura.*

*Persistat in Usu Medicinæ, ut opus Erit.*

When Women advance towards fifty, this menstruous Evacuation ceases, then Nature has not the same Occasion for an Out-let, to discharge an Over-plus of Blood, being by that Time, lessen'd, and tho' some feeble Efforts are made, to burst open the uterine Blood-vessels, the Impetus is become weak and unable to make a Way through them as before.

Besides another very principal Reason, why (at this Time of Life) there should be a total Cessation of the *Menses*, is, Women thus far advanced in Years, become unable to bear Children, and require no such Supply, which was the Support of the Fœtus in Utero. Tho' there is a great Difference, in the Strength and, Constitution of Women, for I actually knew, a Woman, who lived at *Cottenham*, in *Cambridgeshire*, her Name was *Harrison*, who was a Midwife of good Practice, and she, by her first Husband, had no Children, and she married a second Husband at sixty, by whom, she had three Children. This she told me, when I last saw her, at *Cottenham*, about nine Years ago.

I must observe one more very remarkable Case which is worthy Observation, but before I enter upon that, I shall take Notice, that when this periodical Discharge of Nature ceaseth, it is adviseable to lose a little Blood from the Arm, once in three Months, for the Space of one Year. And as often, to take a little Tincture of Hiera-Picra, and Rhubarb, of each equal Quantities, this may prevent Illnesses, which Nature before carryed off by her monthly Evacuations.

The Case of the Widow *Sparks*, who lived in *Shoe-Lane* Workhouse, in *St. Andrew's Holborn*, to which I was an Apothecary several Years.

This Widow *Sparks* (amongst other Patients, I had there under my Care) made a Complaint to me of an Ulcer in her Leg, which she had been afflicted with upwards of twenty Years, she desired I would see it, and do what I thought proper, which for some Time was nothing; I told her, 'twould be wrong, to stop such an Ulcer which had for so many Years, been an Out-let, and by that Discharge, she had been so long kept in good Health, urging, that was it to be stop'd, a *Fever*, or some bad Disorder might ensue, and be of bad Consequence, and (what made me the more think so) this Ulcer happen'd soon after the menstrual Evacuation had left her, and this Discharge seem'd to me, in some Measure to answer the  
same



same End, so far as to keep the Blood free from Humours; nay more than that, this Ulcer, would break out once a Month, and discharge a Matter, and then heal up, and about the same Time, would gather, and discharge, at certain Periods, which convinced me, 'twas better to let it alone, than to attempt to heal it.

This old Gentlewoman often solicited me to do something for her Leg, at last I bled her, and then gave her Calomel over Night, and purged it off the next Day, which I repeated twice a Week, for a Month, or five Weeks. I did nothing more to her Leg than a little yellow Basilicon upon Lint, for with the Purges, and an Electuary of Cinnabar and Gum Guaiacum &c. with a Decoction of the Woods, which she constantly took those Days she did not purge, for about six Weeks, by which Means the Ulcer was healed, and the old Women quite well, and so continued.

About three Months after, one Morning when I was visiting my Patients, the old Gentlewoman applyed to me, with a Complaint in her Breasts, and told me, that they were swelled, I answer'd, that she might thank herself for having her Leg meddled with, for I fear'd stopping that Humour, as I often said, would be of a bad Consequence. I let her blood, and gave her some Physick, which had a wonderful Effect, for the next Day, when she saw me, she came, with an awkward Bashfulness,

fulneſs, and ſaid ſhe had ſomething to ſay to me, but was aſhamed to tell me what it was, I told her I was not likely to be of any Uſe to her, unleſs ſhe told me her Complaint. She then ſaid, Sir, I am juſt after the ſame Manner I uſed to be when I was a young Woman, I have got Nature, &c. I was ſurprized at what ſhe ſaid, and asked another Woman in the ſame Room, about this Affair, which ſhe confirm'd for Truth. I told my Patient, there was nothing to be done at preſent, but to obſerve the Event of what had happen'd to her, which was the ſame, as with other younger Women, for as they gradually diſappeared, they at the uſual Period returned, and ſo continued, 'till I left *London*, which was three Years after this ſtrange Phœnomenon happen'd, and ſhe may be ſo ſtill, for what I know, as I never have ſeen or heard of her ſince. When this Affair happen'd to the Widow *Sparkes*, ſhe was betwixt ſeventy, and eighty, after a Ceſſation of the *Menſes* for thirty Years, this I do aver for Truth.

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C H A P. XX

*Of the Dropſy.*

**T**HE *Dropſy* ſo call'd, from *υδωρ, aqua,*  
*Water* and *ὤψ facies,* an appear-  
 U ance



*ance.* This Distemper ariseth from a lax State of the Solids, frequently occasioned by drinking to Excess, whereby the natural Tone of the Stomach, and other principal Parts are greatly weaken'd, the aqueous Humour, falls into the Interstices of the Muscles, where it lodges and forms this Complaint. The Fibres of the Stomach by being too often overcharg'd, with Liquor, become flaccid, a Loss of Appetite, and a Nausea ensue, and the Power of Digestion is likewise lessen'd, and all Secretions are in some Degree obstructed, and the whole Fabric, is fill'd, with this overflowing aqueous Humour, and not only the Stomach, and Viscera are distended, by this fullness, but the more solid muscular Parts, suffer also, and lose their natural Tone and Elasticity.

As the Cause of this Distemper takes its first Rise, from the Stomach's being overcharged by Liquors, which relaxe the Fibres, and blunt the Power of Digestion, the Stomach overflowing with an indigested Humidity, which falls into the weak unguarded Parts, there it lodges, and forms a Swelling.

Persons of both Sexes, are liable to this Distemper, and of all Ages, but Children, and young People, have it not so frequently, and when they have it, it commonly proceeds from a weak lax State of the whole Body, others who contract it by Excess, are chiefly advanced

ced in Years, tho' the Accumulation, of this Distemper, don't so much depend upon Time, as Industry.

The Cure consists in Evacuations, and Restoratives; by Evacuations here, I don't mean bleeding, which is quite foreign to the Intention of Cure, bleeding would invite more of this Water into the Blood, destroy its Texture, and weaken the Fibres already too relax'd. The Draffick, or active Purges, in this Case bid fairest for Relief, whose powerful Operations, pump out, the fluid Contents, and carry them off by Stools and Urine, and afterwards warm astringent Medicines, such as will restore the Power of Digestion, and brace up, and constringe, the lax Solids, are most likely to succeed. The Symptoms of a swell'd Stomach, Viscera, Legs, Arms, &c. with the lasting Impressions made by the Touch of the Fingers, are such visible Signs of this Distemper, that to relate subsequent Symptoms, would be needless, such as wandering Pains, Inactivity, Loss of Appetite, a violent Thirst, a symptomatic *Fever* &c. I shall only observe all the Symptoms proceed from this extravasated aqueous Humour, and no Relief can be obtained, but by evacuating that Humour, and restoring the Parts to their natural Strength.

The following, whose Operations are powerful, I have known answer in this Case, better than any other I as yet ever met with.

U 2

R<sub>2</sub>



℞ *Tinct. Sacræ Sen. Rhabarb. ana* ℥j  
*M. in his solvantur Gutt. Gamb. ℥ss*  
*Sal. Tartar. gr. vi adde Syr. de Spin. Cervin.*  
*Rosar solutiv. ana ℥ss M. ft Haustus, pri-*  
*mo mane cum Regimine sumendus, et*  
*alternis Diebus Repetendus, ad tres*  
*vel quatuor Vices, pro ratione Virium, do-*  
*nec Partes affectæ detumuerint, et postea*  
*Capiat Cochl. j vel ij Tinct. seq. Nocte Ma-*  
*neq. pro 2 septiman. postea, Elect. et Tinct.*  
*sumat.*

℞ *Cons. Absinth. Rom. ℥j*  
*Cort. Aurant. ℥ss*  
*Spec. Aromat Pub. sem. Cardamom. Nucis*  
*Mosch. ana ℥ij*  
*Ol. Cinamom. gt. 20*  
*Chalyb. cum Tart ppt. ℥vj*  
*Syr. e Corticib. aurant q. s. ft. Elect. Cujus*  
*Capiat quant. Nucis. Mosch. ter in Die,*  
*horis medicis. superbibend. Cochl. iv Tinct.*  
*seq.*

℞ *Summitat. Absinth. Vulgar. M ij*  
*Flor. Chamæmel. M j*  
*Rad. Gentian Calam. aromat. Angelic. ana*  
*℥ij*  
*Sem Cardam. min. Anisi ana ℥jss*  
*Sinap. ℥ij*  
*Rad. Rhaphan. incis. ℥4*  
*Infund in Vin. Rhenani, ℥jv pro 4 Die-*  
*bus, Cola pro usu.*

These

These Medicines, as well as the Purging, are to be repeated as occasion requires; during the whole, an abstemious Regimen must be strictly observed, to drink as little as possible, Malt-liquor must be wholly omitted, a Glass of Rhenish, or red Wine and Water, may be allowed, or a Glass of Punch, or a little good strong old Cyder, but of all, or either of them, as little as possible: Dry Food, and Meat roasted, is preferable to boiled, rising betimes, and riding, will be adviseable, and when the Patient is quite empty, the Bark, and cold Bath, both may be serviceable.

C H A P. XXI.

*Of the Hysteric Affections.*

THESE are Complaints peculiar to the fair Sex, and are call'd *Hysterics* from *ὕστερα*, *Uterus*, *the Womb*. These Affections arise from some Defect of the nervous System, or from a menstrual Obstruction, for want of which Discharge, the superfluous Blood being return'd back, occasions suffocations, and Fits, a Depression of the Spirits &c. hence proceed, Pains in the Head, Back and many other Parts of the Body, a pale Complexion, Loss of Appetite, the Patient shall be sometimes



sometimes hot, at other times cold, with a low quick Pulse, and a slight symptomatic *Fever*.

There are but little Hopes of curing, without first removing the Cause, which I have set forth, in treating on the menstruous Evacuation, which I refer you to. And I shall here only observe, after that Point is gained, by bleeding and taking proper Physick, to apply a galbanum Plaister to the Navel, to take the Tincture of Bark, in Chamomil-Tea, three Times a Day, to use Exercise, and the cold Bath; but when this Complaint ariseth from the same Cause, as it doth in Men, then the same Method of Treatment must be used, which I shall next explain.

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## C H A P. XXII.

### O F T H E

## Hypochondriacal Affections.

**T**HIS modish Distemper, which the Gentlemen are subject to, is entirely nervous, and by many call'd the *Vapours*: It takes its Rise, from different Causes, but mostly, from too free a Use of the Glass, especially with such, who begin betimes and commence Tipplers before they arrive at twenty, whose tender Tubes by drinking Wine, or other

ther strong Liquors, (more prejudicial) are scorched and parched up, and the natural Tone of every Fibre weaken'd, the Nerves also, greatly suffer; sometimes by an additional Heat from Excess, they are inflamed, and the Velocity of the Blood being augmented, vibrates with such Violence against the Brain as to disorder the nervous System, whereby the Organs of Sense are injured, so much as scarcely ever to recover themselves. The Nerves frequently suffer by a sedentary, studious Life, and from a scorbutic Foulness in the Blood, which load and clog them, and render the Vibrations on those fine Tubes, irregular and uncertain; or otherwise obstructing the Liquidum Nervorum, whereby Sense, Strength, and Motion are reduced, and become languid and imperfect.

Persons thus afflicted, are of all Men most miserable, they are so greatly disorder'd, as makes them liable to many real Ills, and a thousand more imaginary ones. For if the Organs of Sense are defective, consequently the Senses must be so to, or if the arterial Fluids be loaded with a Sanies, or any morbid Matter, then there is an Evil always fluctuating, and ever perplexing; and each nervous Fibre, and the more muscular Parts are also deprived of Nutrition, and render'd weak and feeble, which makes Persons thus afflicted, often think themselves not able to move at all. Such as  
are



are thus disorder'd, are more afflicted than People in general believe them to be, and of all Persons deserve Compassion, tho' they commonly have the least. They possess themselves with Dreads and Fears about Things befalling them, which are impossible should ever happen. But this they can't avoid, this is the very Distemper, call it *Hip*, *Vapours*, or by any other Appellation you please.

If I am right as to the Causes of this Complaint (i. e.) If it be from a weak State of the Nerves, and no Foulness in the Blood, we are to endeavour to strengthen them, but if this Weakness ariseth from Matter either rheumatic or scorbutic, this Matter must be first removed, before any Attempts are made to recover and strengthen the natural Tone and Ability of the nervous Organs; but often many by endeavouring to brace up, any Part, before the Cause of its Relaxation is removed, produce bad Effects. For if from Excess of eating and drinking, it takes its Rise, we may then suppose, that it is Matter, consequently derived from such Living. But if from a sedentary studious Life, we may then imagine, for want of proper Exercise and Motion, the Parts are become fir'd, and clogg'd, which must be removed, before we undertake to brace up the feeble State of the Nerves. Indeed could we be certain, that this Disorder did proceed from  
any

any Accident, Strain, or violent Exercise, and where no morbid Matter attended, in such a Case as that, (also bleeding) we might set about repairing, by proper Restoratives, and the cold Bath.

There is another Cause of this Complaint (seldom suspected) which I am inclined to think occasions more Disorders of this Kind, than all I have yet mentioned; this is, the bad Effects, of the injudicious Treatment, of many Disorders, especially such, as proceed from morbid Matter. The *Clap*, when it becomes virulent to a high Degree, by not purging enough, or when by purging too much, the nervous System is tore, or impaired by Salivations, or too free a Use of Mercurials, (tho' in some Degree of that Complaint they are absolutely wanted) and frequently after the *Smallpox*, and *Erisipelas*, or other inflammatory Fevers, or from a long continued *Ague*, where the febrile Cause, has not been carried off, by proper Evacuations, but hath been lock'd up in the Blood by the Bark, I say such a Treatment, is most likely to produce many nervous Disorders, and bring on these unhappy Circumstances.

Another cause of this Disorder is Grief. But well it is that this fashionable Disorder is chiefly amongst Persons whose Fortunes secure them from want, was it as prevalent amongst the  
X poorer



poorer sort, 'twould hinder them from being able to support themselves, but must reduce them to a Parish to prevent starving. I hope what I have said upon the different Causes of this Disorder, is sufficient to support my Hypothesis: that either from Matter collected, or Matter remaining, after ill-treated Illnesses, or the Nerves being too roughly treated by severe Medicines, or weaken'd by violent Exercise, or from Grief, as these are different Causes, they must be differently apply'd to; but why I have great reason to think, that most of the Nervous Disorders arise from Matter, however accumulated, is, that the Patients are commonly afflicted with a slow irregular Symptomatic *Fever*, which Matter occasions. The success I have had with Patients of this Kind, confirm me in the Opinion, that I judge right of the Causes: I shall, after I have advanced the Methods I have succeeded by, produce a few practical Cases, the better to establish my Theory.

Then first, if this Distemper chiefly ariseth from Matter, and the Person is attended with a symptomatic *Fever*, it can't be amiss to lose Blood (but not a large Quantity, as is in some other *Fevers* requir'd) and afterwards to take the following Medicines; two Pills every Night going to Bed, and two spoonfuls of the Tincture every Morning early, following the Nights, the Pills are taken; and to Fast two  
Hours

Hours after taking the Tincture in the Morning, and then to take a basin of Gruel, or Tea for Breakfast, and the rest of the Day, to use the same diet, employ, and exercise, as usual to the Patient.

*Rx Pil. Ruffi. Cochiae Maj. ana ʒss*  
*Sal. Absinth. ʒj Bals. Peru. q. s. ft Pil. No. xii*  
*Sumend. ut supra script. in Tinct. Seq.*  
*Rx Tinct. Sacr. Rhabarb. ana ʒijss.*  
*Spt. Lavendul. c. ʒij M. ft. Tinct.*

These Pills and Tincture, will not only remove Crudities from the Stomach, and empty the Viscera, but will by their gentle Operations, relieve the Head, refresh the Spirits, create an Appetite, and prepare the Body, for the better Reception of the following alterant Medicines, which should be began, as soon as all the Pills and Tincture are taken.

*Rx Cons. e Flav. Aurant. ʒvj*  
*Gum. Guaiac. Pulv. Cinnab. fact. ana ʒiij*  
*Rad. Rhabarb. ʒjss*  
*Ol. Nucis Mosch. gt. 20*  
*Syr. Balsamic. q. s. ft Elect. de quo capt.*  
*quant. N. M. ter in Die. horis Medicis,*  
*superbibend. Haust. Apozem. seq.*  
*Rx Rad. Sassafr. ʒiij*  
*Sarsaparil. Lig. Guaiac. ana ʒij*

*Rad.*



*Rad. Glycyrrhiz Passul. solis. ana ℥jss*  
*Coq. in aq. font. ℔vj ad ℔jv.*  
*Colat. add. aq. Nucis Mosch. ℔ss*  
*Syr. Balsam ℥iij M ft Apozema.*

This Electuary and Diet-drink should be taken for a Month, or six Weeks, (as occasion shall require) and once a Week (during this Course) one Night, and Day must be omitted, in order to take the following Medicines.

*R̄ Calomel. gr. x.*  
*Cons. Rosar. Rub. q. s. ft Bolus horâ somni sumendus, et cras primo mane. capt. Haust. seq.*

*R̄ Fol. Senn. Alexand. Mann. Elect. fruct. Tamarind. ana ℥iij*  
*Coq. in aq. font. ℥iijss*  
*Colat. add aq. Mirab. Syr. de Spin. Cervin. ana ℥ss M ft Haustus.*

These Medicines, as all others, must be proportioned, according to the Age, Strength, and Constitution of the Patient.

After taking these alterant, and purging Medicines, I then would recommend the following restorative Electuary, and Tincture, which may be continued a Fortnight more or less, as shall be judged requisite. When this Complaint proceeds from a scorbutic Habit, no Remedy I have yet tryed is more effectual, than

than drinking Sea-water, and afterwards bathing in it, for a Fortnight, Spring and Fall.

℞ Cons. Rosar. Rub. ʒj  
 Pulv. Cort. Peruv. ʒvj  
 Rad. Rhabarb. Valerian. Sylv. Sal Martis  
 ana ʒj  
 Ol. Nucis Mosch. gt. 20  
 Syr. Pæon. Comp. q. s. ft Elect. Cujus Capt.  
 Magnitudinem N. M. ter in Die horis  
 Medisis cum Cochl. iv Tinct. sequent.

℞ Cort. Peruv. in crass. Pulv. ʒj  
 Sal. Tart. ʒj  
 Coq. in aq. font. ℥iij  
 ad 3<sup>tie</sup> Partis Consumptionem, tum affund.  
 (Flor. Chamæmel. Absinth. vulgar. ana  
 Mß Rad. Gentian. Calam. Aromat. Cort.  
 Aurant. Coccinel ana ʒj) per horas 24 Colat.  
 Vel.

℞ Cort. Peruv. in crass. Pulv. ʒj  
 Rad. Zedoar. Galang. Cort. Aurant. ana  
 ʒjß  
 Sem. Cardamom. Min. Croci. Angl. Coccinel.  
 ana ʒj  
 Infund. in Vini (Vulgo vocat. Old Hock)  
 ℥iij per horas 48 Colat. Capt. Cochl. iv post  
 singul. Dos. Elect. prescript.

Some Persons I have cured without so much purging, others have not continued the alterant Electuary and Apozem so long, but I have al-  
 ways



ways found it requisite to give the last prescribed Electuary and Tincture. In short, no Method bids so fair for a Cure, in this, or any other Complaint, after discovering the true Cause, as first to remove it, and then to restore the Parts grieved, to their natural Strength and Ability, and in this Case, the Cure must be obtained, by Evacuations, Alteratives, Restoratives, and cold Bathing.

I have had great Success, with several who have been thus afflicted, and could produce many Instances, to testify the Truth of what I relate, and can't charge my Memory, with any I failed in, only one, who could not be persuaded that any Man could cure him, tho' he apply'd to a Gentleman in the Neighbourhood (before he had given me Time for a Tryal) who is now much in the same Way, after a longer Chance.

I shall relate a Case of a worthy Gentleman, who will not be angry with me for making free with his Name, since he has so often spoke of the Benefit, I did him, as other Persons might receive the same. This Gentleman is, *Mr. Freeman, of Lutterworth in Leicestershire.*

This Gentleman had been afflicted with a nervous Disorder to a great Degree many Years, had apply'd to several eminent Physicians both

at

at *London*, and in the Country, at a great Expence, and could obtain no relief: Mr. *Horton* of *Moorſley*, in the ſame County, whom I had been ſerviceable to, in the ſame Way, which recommended this Gentleman to me, I treated in the Manner I have been mentioning, and in about ſix Weeks, he perfectly recover'd and has continued well ever ſince, and this is almoſt four Years, ago.

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C H A P. XXIII.

*Of a Pleuriſy.*

**T**HIS Diſtemper takes its Name from *Pleura*, a large Membrane, which covers the Cavity of the Thorax. The Bloodveſſels of the *Pleura*, being fill'd with a viſcid inflammatory Blood, whereby the Circulation is obſtructed, from whence ariſeth that violent Pain complained of, which is greatly augmented, by coughing, or breathing deep; as the Lobes of the Lungs are expanded, and preſs upon this Membrane, this viſcid Blood, at the ſame Time, irritates the Lungs, and provokes frequent Fits of coughing, which greatly encreaſes the Complaint.

This



This Distemper, as all other inflammatory Cases, which take their Rise from viscid Blood, is attended with a *Fever*, and the *Fever* with a Thirst, inquietude &c.

And as this Complaint, proceeds from a Fullness, the Cure must be obtained by Evacuations, such as bleeding in large Quantities, thro' a full open Orifice, which is most likely to relieve by making a more speedy Revulsion; for the same Quantity of Blood, taken from the Patient, at one bleeding, thro' a small Orifice, nay, a larger Quantity, so taken, will not answer the same Intention. The Reason I apprehend is this, when the Blood is taken away slowly, it makes little or no Revulsion, and no relief is gained, but through a full open'd Orifice, when the Blood flows very freely in a large Stream, horizontally, you thereby empty the Pleura, faster, than the Circulation fills it, and immediately relieve your Patient. It may be said, tho' the Pleura, by a free bleeding, is in some Degree emptyed, and the Pain thereby abated, yet it will soon be fill'd again, and the Pain will return; which very often happens, and if so, we must bleed again, and we shall not only remove the viscid morbid Matter, but shall at the same Time, lessen it, and the Vessels when once unloaded, will not be so liable to be obstructed, tho' the Retention of that viscid Sanies, in the small Vessels of the Pleura,

Pleura, had greatly inflamed and weaken'd them, as they had not Power or Force of themselves to remove that Matter, but as soon as that Matter is revulsed, and removed, the Vessels recovering, will naturally come closer together, and not admit of the same Quantity of Blood, to enter, and lodge in them, neither is there the same Quantity, to fill those Vessels; and we may suppose the more viscid Part is taken away, by bleeding.

The Blood of Pleureticks, is, I may say, always very viscid and inflamed, which re-entering the Pleura frequently returns the Pain, and we are forced to have Recourse again, and again, to large bleeding, and we can't err, by copious bleeding, as 'tis the most certain, and immediate Relief, whereby we don't only lessen the Quantity of Blood, and the febrile Matter, but we also lessen the Impetus, or Force of the Velocity, against the Tubes, in the Pleura, and consequently the Pain too. This Lentor, or viscid Matter, which so greatly offends the Pleura, does at the same, by its Irritations, perplex the Lungs, and brings on Fits of Coughing, which so much aggravates the Pain in the Pleura, and when we empty the Pleura by bleeding, we also empty, and remove, in some Measure, the Cause of that Cough, which so offended the Pleura. The next Consideration is, after lessening the Quantity, how to  
Y alter



alter the Quality of the remaining Blood, to cool, thin, and free it from the morbid Matter it so greatly abounds with. In order to do that, I would directly after Bleeding, give the Patient Manna and Salts, dissolved in green Tea, or Water-gruel, to procure three or four lax Stools, to cool and empty the Bowels, and afterwards I would encourage the Patient to drink freely of small Diluents, such as green or -baum Tea, Barley-water, small Beer &c. and to be very cautious of Wine, or any strong Liquors, not to take one drop of Laudanum, or that fashionable Opiate, *Bateman's Drops*, for altho' some Pains, nay this too, may be overcome for a Time, by Opiates, yet such as will purchase Ease in this Case, by an Opiate, will be sure to pay very severely for it. For by Opiates, we destroy the Advantages we had gained by Diluents, I say, by this ill-judged Medicine, we thicken, lodge, and obstruct again the Pleura, and undo, what by a more rational Practice we had successfully done. I very lately knew a Man, at the Top of Business near me, in order to relieve his Patient, who had an inflammatory *Fever*, with a difficulty of Breathing, and an Hoarseness, give his Patient *Matthew's Pill*, and had his Patient suffer'd him to have repeated his Dose, I question much, whether he would have

wanted

wanted another, of any Kind. But to return, after bleeding, gentle Aperients and diluents, it may not be amiss, to give the following Powders, and Emulsion.

*Rx Test. Ostr. ppt. nitr. depurat. Sacch. Albiss. ana ʒj M. ft Pulvis in Cb. vi Divid. quarum unam Capt. 4tâ quâq. horâ cum Haust. Emuls. seq.*

*Rx Aq. Hordij. ℥ij  
Amigd. Dulc. Decort. Sem. Papaver. Alb. ana ʒʒ ft Emulsio. cui adde Syr. Althæ ʒʒʒ*

If the Pain continues, or returns, bleeding must be repeated, and a Blyster applyed to the Part, where the most acute Pain is, and a Blyster to the Back, and Arms too if the Symptoms run high. A Tea made with Liquorish and Raisins will be an agreeable Drink thro' the whole Process, those Days in which the Patient has no Stools, give some lenitive Electuary, with Cream of Tartar, or Manna. If the Symptoms don't abate, and the Patient don't expectorate, give a Mixture with *Oxymel. scillit. Ol. Lini. Tinct. Castor. Sal. Succin. &c.*

A Peripneumony must be treated after the same Manner ; as the Cause, and Symptoms, are very near the same, as in *Pleurisies*.



Before I conclude with treating a *Pleurisy*, I must advance a Case or two, the better to establish the Practice of copious bleeding, as also, to shew how much the Blood is loaded, with viscid tenacious Matter, which Matter, must be reduced by lessening the Quantity of Blood, and rendering the Quality more fluid, by diluting, nitrous Medicines, such as I have before recommended, with some Pectorals; Oyls, and Syrups, I have no great Opinion of. A Composition of Oyl, Syrup, Spirit, and Acid, mixt together may be hurtful, being glutinous, and heating, quite opposite to cooling, and diluting, and when they are mix'd with a viscid, inflammatory Blood, agitated by its violent Motion, and joined, with sharp acrimonious Humours, they must of Course thicken, and obstruct Relief, instead of forwarding a Cure, and no Means, or Method yet made use of has proved so beneficial, as large bleeding, with cooling, diluting Physick, and blystering the Part where the Pain is chiefly complained of: I have known more Service done by one Blyster, applyed to the Side (or as near the pain'd Part, as can be) than by five, or six, in other Parts of the Body. For in this Case 'tis not altogether, what Serum, or Matter is collected, by a Blyster, but the Flies, by entering the Pores, are received so near the distemper'd Part, as to melt the viscosity

dity of the Blood, and by their stimulating Quality, cause a Revulsion. The Case I shall mention, is this.

About the Beginning of *April* 1749, I was sent for to Mr. *Thomas Buckby*, of *Great-Bowden, Leicestershire*, whom I found, in a high *Fever*, a set red Colour in his Face, with a great Pain and Heaviness in his Head; but what he most complained of, was a violent Pain under his left Breast, with a Difficulty of Breathing, a full Pulse, a Thirst &c. I directly took from him twenty Ounces of Blood, thro' a full open'd Orifice, and sent him this Draught.

*Rx Aq. Alexit. ℥iij*  
*in qua solvantur. Mann. et Sal. mirab.*  
*Glaub. ana ʒvj Colat. ft. Haustus.*

This Draught gave him four purging Stools, and afterwards, I gave him a Powder, every four Hours, *cum. Sal. Nitri, Test. Ostr. &c.* with a Draught of the Emulsion before directed, ordering him to drink freely of small Liquors, between whiles. The next Morning when I saw him, he told me, his Pain was abated the former Part of the Night, and he had then, some Sleep, but was taken again about two o'Clock, with the Pain in his Side, as violent as at first, which was greatly augmented by a Cough. He had no Sweats, a  
 dry



dry Tongue, a full Pulse, no Stool, since I gave him the Purge the Day before. I directly took twenty Ounces more Blood from the other Arm, and apply'd a Blyster to his Side, and one betwixt his Shoulders, repeated his Aperitive Draught, and after he had had some Stools, I repeated the Powders and the Emulsion, with a strict Charge, to drink plentifully of small Liquors; the Blood I took from him first, I order'd to be set by, 'till I saw it, which was so much loaded with matter, as it seemed not at all like Blood, but to be an entire Mass of Corruption, and had the Appearance very much like melted Suet, without any Serum or Redness. The Aspect of this Blood, with other bad Symptoms, gave me but little Hopes; I next endeavour'd to make him expectorate, by some *Oxymel Scillit.* in a pectoral Tea, with a few Drops, of *Spt. Sal. Arom. Succin.* In the Afternoon, he was a little relieved, as he had from his Draught, two Stools, but no Sweats. I left him for the Night. I went to see him early the next Morning, and found him worse, than I had seen him yet, he having had no Sleep, in violent Pain, and breathed with the utmost Difficulty, his *Fever* very high, with a full quick Pulse, he spit very little, his Blyster, had taken but little Effect, I told his good Mother, and his Sister, who were extremely  
tender

tender of him, that he was in so much Danger, I fear'd he'd not Recover, but I would do my utmost for him, which they press'd me to do, accordingly I finding the last Blood as bad as the first, I took twenty Ounces more away and tyed up his Arm, and gave him something to take; he was no sooner laid down but he Struggled, muttering he could not fetch his Breath: I told his Sister he must Bleed again, or he'd directly die, and I could not promise what would be the Event, but I had no other chance to save him; his Mother and Sister both told me they were afraid I should bleed him to Death. I told them he'd die and very soon too, unless Bleeding relieved him, they told me to do what I thought proper; I unbound his Arm, and let him Bleed till he breathed with less difficulty, which was not before I had taken sixteen Ounces more Blood from him, I sat down by him and promis'd his Mother I would not leave him that Day, as she much desir'd, I renew'd the Blysters, and made them as sharp with Flies as I could, I gave him some warm pectoral Drink, with some Spirit of *Sal Armoniac*, he soon fell asleep for several Hours, and broke out into Sweats, and when he waken'd he was as much better as could be wished for; his Pain was gone, and he only complained of being very Faint and Low: his *Fever* was greatly abated, his *Pulse* more calm,  
and



and all Things promised well on his Side, I continu'd the same Medicines that Day, and Night, and the next Morning I found him in a fine way of Recovery, tho' the last Blood I took from him was the same as the rest, notwithstanding, I had in three Days time, taken betwixt 70 and 80 Ounces of Blood from him. This Blood I shew'd not only to their own Family, but I carried it to shew to *Charles Bletso Esq.* a Gentleman of good Knowledge in *Physick*, and *Surgery*, that lives in the same Town, who declared that he as well as myself, never saw any Blood like it before, which he has many times since spoke of, with his Approbation of my Treatment. This Blood was so viscid and tenacious, without Colour or Serum, there was not so much as one drop of the colour of Blood in it, nor one drop of Serum to loosen it from the sides of the Basen, but after it had stood three Days, I turn'd it upside down, and that Cake of Matter, the most like melted Suet, never stir'd, but stuck close to the Basen. This Mr. *Bletso*, as well as Mr. *Buckby's* Relations will Testify.

This Mr. *Thomas Buckby* is now living, and well, and has never been Ill since; after his Recovery I Bled him twice, and gave him Calomel over Night, and Purged it off the next Morning, which I repeated twice: from this

Treatment

Treatment, his Blood became florid, and had a proper Quantity of Serum. He has felt no Symptoms of a *Pleurisy* since, this young Gentleman, will Pardon my saying, he had taken some Pains, by a free Use of the Glass, to acquire such a Mass of Blood, that I believe never any one had but himself, and I hope by his future good Conduct, he never will have the same again.

I shall beg leave to advance my Thoughts, concerning the Nature and Cure of Mr. *Buckby*, whose Distemper was occasioned from free living, whereby his Blood was so viscid and tenacious, as it appeared to be an entire Mass of Corruption, and after such large Evacuations, neither Diluents, or Blysters, had Power to melt, and divide it, but it remained with the same Viscidity, and Inflammation, and all the Abatement of the Pain, for near sixty Hours, (and that only for a little Time) was from large bleeding. The purging Medicines emptied and cooled the Viscera, the Blysters had not Power to dissolve, and collect any Serum; all that they could do, by the finer Particles of the Flies, entering the Pores to act as a Stimulus, and make a Revulsion, of that morbid Matter from the Pleura. By taking away so much Blood in so little a Time, must not only empty the Pleura, but at the same Time, free the Patient of a great Share of the very Cause, and by supplying him plentifully,

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with



with small, cool Diluents, which also must cool and abate the Inflammation, and dissolve the Viscidity of the Blood, and promote Sweats, whereby the Quantity of the morbid Cause was lessen'd, and the Quality of the remaining Blood was reduced to a more fluid State, and render'd fit for Circulation ; a Separation of the morbid Cause, being by Nature, and Medicine gained, presently a copious Sweat broke out, and carried off great Part of the morbid Matter, so that all the Pains, and threatening Symptoms disappear'd, and the Patient recover'd

I must say the more about this Distemper, by reason of its Prevalency; this Complaint many grown Persons of either Sex (but chiefly the Men) are subject to; and not only such, who eat and drink very freely of the best, but many who work hard, and fare hard too, and live very sparingly, and what Food they have is of the meanest Sort, and what we would imagine not capable of furnishing them with Matter sufficient to breed Illnesses, (but these Subjects, receive the Cause from bad Air, as I have largely explained in treating on Agues) yet such as these have I seen and cured too, by treating them much after the same Manner, as I did Mr. *Buckby*, of which I shall give a short Instance or two, and leave it to Judgment.

I was lately sent for to a poor Labourer, who had catch'd Cold, at Work in the Field, in wet Weather, whom I found ill of a *Pleurisy*, with high Symptoms; he was an elderly Man, of a thin Habit of Body, and had been always us'd to work hard, and to fare so too. Yet this poor Man's Blood was in some Degree, like Mr. *Buckby's*; I treated him after the same Manner, only abated somewhat in bleeding, he being very ill, for three or four Days, before I could get off his Pain, or procure Sweats, and allay his Heat, and quiet his Pulse, and get him out of Danger, who is now alive and well, and likely to continue so.

Some Years ago, when I lived at *Cambridge*, I was sent for, to one *Smith* a Shoemaker, who had before for sometime, been afflicted with an *Ague*, with regular Intermissions, and Returns, 'till this morbid Cause assaulted the Pleura, where it took up its Residence, and soon he was attended with the Symptoms of a *Pleurisy*. This was a young, regular, sober Man, who worked hard at his Trade, and lived very moderately; by his long Illness, he was much reduced and emaciated. His Complaints were, a violent Pain in his Side, with a Tightness across his Breast, as if he was bound with a Cord; he breathed with great Difficulty, he had several Fits of Coughing, which aggravated the Pain,



in his Side; he had a labouring Pulse, a Thirst, and great Inquietude. I took from him, about sixteen Ounces of Blood, and gave him, at the same Time, some Manna and Salts, I apply'd a Blyster to the Part, and order'd him, what he should drink, after he had Stools, sometimes small Tea, and at other times Linseed Tea, with a few Drops of Spirits of Hart's-Horn, and before the Evening he had four purging Stools; afterwards I gave him some Nitrous Powders, with the Emulsion I have before directed, and left him for the Night.

The next Morning, I found the *Fever* and all the Symptoms pretty much the same, and in order to keep him open, and at the same Time to promote Expectoration, I gave him the following Mixture.

*Rx Aq. Puleg. ℥vj*  
*Oxym. scillit. Ol. Lini. ana ℥jss*  
*Pulv. Jalap ℥j*  
*Syr e 5 Radicib. ℥j M. Cujus Capt.*  
*Cochl. iij 3tia. vel 4ta quâq. borâ.*

This Mixture gave him two Stools that Day, which being as much as I thought requisite, I omitted it for a Day, as it made him expectorate, which I encouraged, by a Pectoral Apozem; in the Evening there was a small Remission of the Symptoms, but towards the Morning, his Pain return'd, and  
about

about eight, when I saw him, it was more acute. I bled him again, and found his Blood the same as the first, all Buff, and little or no Serum. His Blysters taking Place gave me some Hopes, I call'd again in the Afternoon, when I found him worse, than I left him in the Morning, he had now a Stupor, with a Subfultus Tendinum; these threatening Symptoms, and my Patient being so reduced had removed all our Hopes of his Recovery, I told his Friends, I had little or no Expectation of his living, yet with their Consent, as bleeding had before relieved him, I would once more make trial of it, and accordingly I opened a Vein, and before I had taken ten Ounces away, I thought him expiring; I tyed up his Arm, with all Haste, and held Spirits to his Nostrials, and gave him a few Drops in Wine and Water, he lay some Time very still, and took no Notice of any Thing: I order'd his Head to be shaved, and applyed a Blyster all over it; about six Hours after he came a little to himself, then I gave him Cordial, volatile Medicines, such as *Castor Russ. Sal. Corn. Cerv. Pulv. Contrayerv. et Confect. Alkerm.* with a Julep answerable, in order to warm his Blood and encrease the Velocity, in this Case, being not in any apprehension thereby, to return, the Symptoms of a Pleurisy; which Medicines I repeated, ordering him small Chicken-broth between whiles, and he mended slowly, for  
some



some Days, but in about a Week, he had got so much better as to sit up: I then gave him some gentle Physick, at first, but afterwards I gave him Calomel, over Night, and purged it off the next Morning, which I repeated twice; he soon recover'd his Strength, and got quite well, and has continued so (for ought I know) ever since.

By these two last Cases, we may observe, that this Distemper, is accumulated from different Causes, nay from two opposite ones, the first of Mr. *Buckby*, was from living too well, and the last two, from living too poorly, (tho' that I only say in regard to Moderation;) these last, especially the Labourer, received his Illness by catching Cold, when at his Work, exposed when in a Sweat to Wet and Cold, such noxious Particles, then entering the Pores, and impregnating the Blood, inflamed the Glands, and obstructed Secretion, which vitiated the whole Mass, so much as to make it viscid and tenacious, which occasioned the Symptoms I have before been mentioning; and this I take to be the Reason, why so many poor Persons, are subject to Pleurifies, Agues, Erisipilas &c. But let this Distemper arise from either of these Causes, as the Blood is affected in the same Manner, and the Symptoms are very near the same, consequently the same Method of treating, (which may be vary'd at the discretion of the Practitioner) will be likely to succeed

succeed, but in this Case (above all others) take Care how you deal in Opiates, for Sleep thereby obtained, possibly may prove our last.

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C H A P. XXIV.

*Of the Smallpox.*

**N**OT to quote the various Opinions of eminent Authors, concerning the Rise, and Nature of this Distemper, I shall content myself, by saying, 'tis an illness frequently met with, and variously treated; and that it is a Distemper, arising from some morbid Infection, which our Constitutions are once, (and only once) capable of receiving. The Reason of which, our conjectural Notions, can never clear up, but as it is an undeniable self evident Truth, I shall leave it as such, and confine my Thoughts only, to those Observations I have made, both in receiving this Distemper, and the Symptoms that attend it, with that Method of Cure, which I have from long Practice, experienced, to be most rational, and successful.

The Infection of the Small-pox, doth evidently arise from Matter, which the Practice of Inoculation sufficiently proves, but whether  
this



this Matter be received from contact, Respiration, or any other Way, this I have frequently observed, after the Infection is received, it continues in the Blood, without any sensible Alteration, for ten Days, fluctuating, and mixing with the whole Mass, 'till the Infection becomes strong enough to taint the Blood, and bring on the usual Symptoms of Heavyness, Pain in the Head, Back, Limbs &c. with Sickness, Reaching to vomit, a Heat, and Thirst common to most Fevers, and these Symptoms, with a quick full Pulse, continue for three Days, during which Time Nature is separating by a Fermentation the infectious Cause, and drives it upon the Surface of the Skin.

The Heavyness, and Pain complained of, proceeds from the infectious Matter being forc'd against the minute Blood-vessels of the Brain, Stomach, and the Extremities. The Chilness and Shivering arise, from that viscid Part of it, which for a Time lodges, and obstructs those Tubes it passes, before expulsion; and the Inclination to vomit also, proceeds from the Irritation, this Matter causeth in those Blood-vessels in the Coats of the Stomach, much more than from any indigested Crudities, contained in the Stomach. The Pulse denotes, (by a full, labouring Beat) that Nature is encountering with an Enemy, which she must subdue, before the Conflict ceaseth.

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A *Fever* in this Case, (as in most others) is Dame-natures Fire, whereby she keeps her Pot boiling, 'till the Matter is separated, concocted, and expell'd.

As soon as this grand Point is gained, and the Eruptions appear upon the Face, Breast, Arms, and lastly upon the Legs and Feet, the Pains abate, the Inclination to vomit ceaseth (which would not, was not this the Case as I have mentioned, but was it from a Foulness in the Stomach,) the Heat becomes less, and all the Symptoms are commonly more favourable: But altho' the *Fever* (after expelling Part of the pockey Matter) seems less, yet there is, and must be always a *Fever*, 'till the Eruptions are come to Maturity, and turn'd, to continue the Separation of that Matter, from the Blood, and the Expulsion of that Matter; and this *Fever* is in Proportion to the Quantity and Quality of that Matter in the Blood, and so are all the Symptoms; and if this *Fever*, or Heat abates too soon, that is before the Pustules upon the Legs and Feet, are suppurated, it denotes Danger, which must be guarded against, by Cordial Medicines &c.

Setting off with a Vomit, because the Person reaches to vomit, as well as hot Medicines, I think is absolutely wrong, and I never begin a Cure (if I can help it) by making Cases worse; for if our Patient be of a plethoric Ha-

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bit, and that fullness, is loaded with Matter, (as it most commonly is in this Distemper) and the Blood is already in an Ebullition, to separate that Matter, and greatly rectified; without previous Evacuations, we must in some degree by adding to that Heat, force too much a Revulsion, in those small obstructed Vessels, and hazard great Injuries, entail'd with bad Consequences: for by a Vomit, we inflame the Parts already inflamed, and by the Strains attending the Operation of a Vomit, we force that Matter, which Nature is mildly endeavouring to remove, and by such severe, unnatural Treatment, divide that Matter, and make it by those Strains, universal, and too often throw out more Pustules than we are able to support.

The next Thing commonly done, is Sweating, and this Sweating is to be obtained, by hot Medicines, such as *Venice Treacle*, *Snake Root*, *Saffron* &c. I will venture to say, *Venice Treacle* is a dangerous Medicine, where Matter is to be separated from the Blood, which is not only prevented by too much Heat, but there is in this Composition, so much Opium, as to prevent the chief Intention of Suppuration; and can any Man, who is Master of Pots and Glasses, be so little acquainted with what they contain, I mean the Power of Medicine, and with the Nature of a Distemper, as to give in this Case hot Medicines, with  
Opiates.

Opiates &c ? Some I know are Advocates for *Bateman's Drops*, which is Opium in a spirituous Menstrum, well may the general Cry be, (where this is the Practice) *No Doctor, but a good Nurse.* and indeed, happy would it be, were there no such Doctors, as good old Women, are preferable to, for if they can do no good, from the Product of the Kitchen, they can do little hurt.

The first thing I do, when I am time enough, is to bleed, which is commonly right, before the Eruptions appear, and wrong afterwards, by interrupting Nature, in returning, or at least sinking into the Blood, that Matter she is expelling, but before the Appearance of the Pox, it lessen's the Quantity, abates the Inflammation, and makes Room for an Expansion, which consequently gives Nature more Liberty, to perfect her own Undertaking.

In the next Place, I think it adviseable to procure the Patient a Stool or two, by lenitive Electuary, or Manna, dissolved in Tea, or Water-gruel, which will empty and cool the Bowels, and make the Symptoms more favourable. But Jallap and other strong Purges, will by acting too severely, check the Suppuration and Expulsion of the Matter, and act in Opposition to Nature, as much as improper bleeding.



The next thing to be observed, is that the Patient keeps as much out of Bed, as possible, in the Day, for I have known as many suffer by being kept stifled in a warm Bed all Day, and every Day for the whole Time of the Illness, as have from Vomits, *Venice Treacle*, Sack and Saffron &c. I would have the Patient take Tea, Gruel, or thin Milk-pottage for Breakfast; a Piece of light Pudding for Dinner, and upon the first Stages of this Distemper, some little, innocent thing at Night, and between whiles, to drink small Liquors, such as white, or Cowslip Wine-whey, made very small, and not too sweet, Green and Balm Tea, a cool Tankard, or Negus made small, and by way of Change, a Draught of good small Beer, which must not be either new or sour, and the Day he misses a Stool, to procure one the next, by Lenitive Electuary, or Manna: he should rise every Morning as soon as he can conveniently, and when weary, lie down upon the Bed, with his Cloaths on, cover'd up, but not too warm, and walk about the Room, as much as he can bear, which will refresh his Spirits, promote natural Evacuations, and make the Bed more comfortable at Night. After this Manner would I have the Patient treated, and in a kind Sort, (where the Symptoms are moderate) it often may be continued the whole Process, but some will order the Patient to bed directly, upon the first Symptoms, where he must lie 'till

'till the Pox are turn'd, if he has not twenty about him. If all Things go right, it will be requisite, at the sixth or seventh Night, from the first Appearance of the Eruptions, to take some *Diacodium*, at seven or eight o'clock, what Quantity, will best suit the Age &c. of the Patient; for about this Time the Matter is separated, and the Pustules being full are unruly and inflamed, 'till the Matter becomes digested, and arrives at Maturity, which will be greatly assisted, by the Sleep that this Medicine occasions.

At this Stage of the Distemper, if all things have gone right, and still promise to do so, yet if little or no Medicine has been wanted (but Nature has done the whole Work) for fear of too long a Continuance of that Matter, or the more fluid Part of it should return into the Blood, it will be requisite to give some cordial Medicines, as there is commonly about the height, a Struggle, that Nature wants to be assisted in, and this Cordial-mixture, I have given with good Success.

*Rx Aq. Alexit. Cinamom Ten. ana ℥iv*  
*Pæon. Comp ℥ij*  
*Pulv. e chel. caner. Compt, ʒjss*  
*Confect. Alkerm. ʒiij*  
*Syr. Caryoph. ʒj*  
*M. Cujus Capt. Coch. iij 4tâ quâq. horâ.*

This



This Mixture should be given, as soon as they begin to turn upon the Face, and continued 'till a Day or two, after those upon the Legs and Feet are turn'd. Before I us'd to give this Medicine, I have often (when I thought all Danger over) known a *Fever* arise, and soon carry off the Patient; then I began to consider the Reason, why I thought the Danger over, before it really was, which according to my best Observations was this, that altho' the Pox on the Face, Arms and Breast were turned, yet those upon the Thighs, Legs and Feet were not, and for want of some Cordial-medicine, to support a proper Heat, the Matter on those Parts, not being arrived at Maturity, was liable to return into the Blood, and raise a new *Fever*, which Nature, by being so weaken'd by the Distemper, was not able to encounter with, and the Patient died: but since I have given this Mixture, I have very seldom met with any such *Fever*, and the Patient has recovered.

Nature having thus far with a little Assistance got through a painful, dangerous Distemper, the Patient soon recovers his wonted Appetite; yet his Food should be inoffensive and moderate, for three or four Days, when 'twill be necessary to give him gentle Physick, and to repeat it at a proper Distance, adding to its Strength every Time, for four or five Repetitions. And thus would I treat a distinct,  
or

or confluent *Small-Pox*, unless accidental Symptoms should offer and require another Method.

I have frequently observed, upon the Approach of this Distemper, where there is most Pain, there is commonly the highest Fever, and most Eruptions, especially in robust, strong, sanguine Habits, for where there is the most Fuel, there will be the greater Fire of course, and Persons already full of gross Humours, are more liable to accumulate the greater Quantity of morbid Matter. Such as these, with the most judicious Treatment, will (after Evacu- ations, a cool Regimen &c.) receive the In- fection with greater Aptitude, than thin, young, healthful Persons, whose Blood is more pure, as is proved by those, who are prepared for Innoculation. I have known many Persons in the same House, nay in the same Room, with People who have had the *Small-Pox*, who by being bled, purged, and kept low, have escaped it, this I have experienced by many, besides my own Children, that have eat and drank, what the distemper'd have left, at the height, when we suppose the Matter to be most infectious, and they have escaped it.

As I observed before, when I lived in *Lon- don*, and had the Care of the Poor, of *St. An- drew's Holborn*, I was seldom without Pati- ents of this Kind, where amongst many other

Obser-



Observations I took a particular Notice, when the Infection was most likely to be taken, and how long that Infection continued in the Blood, before any Symptom appear'd, also the different Sorts and Stations of this Illness, and the different Methods of treating it; and when this Distemper first broke out, I then endeavour'd to be beforehand with Danger, and have bled, and given Physick, in order that they might have it the more favourable; and some by being so prepared, have had the *Small-Pox* very mildly, and others have not had it at all, by being made cool, and freed from such a Foulness in the Blood, that makes Persons more subject to receive the Infection: after bleeding and purging, 'tis my real Opinion, were Persons to take a Tincture of *Bark*, with *Snake-Root*, *Cardamoms* &c. three Times a Day, and to be with Persons all the while, who had the *Small-Pox*, that they would escape it, for if it will prevent the return of a *Fever*, it will prevent the receiving one.

But as for some who have been Free-livers, who are full of Blood, and that Blood is full of Humours, they have this Distemper to a greater Degree; especially if the Distemper breaks out before previous Evacuations, and the Practitioner, in order to throw the Pox out, gives hot Medicines, which greatly inflame, and prevent the Separation of the Matter, cause the Eruptions to be small, and

many, and occasion the Purples, which makes the Case become very dangerous, and if in this Case, cooling Medicines with soft Pectorals, and plentiful drinking, will not succeed, there remains but little Hopes; but we should blister, and promote a free Expectoration, and Stools by Clysters, and often these prove all ineffectual, and we are forced to submit, to the fatal Event of such a *Small-Pox*.

I have also observed that the Purples are more dangerous about the fifth or sixth Day, than afterwards, for sometimes when these Spots have appeared when the Pox is near Maturity, the Patient has often escaped, and got through the Distemper; and what I have seen the best success from, when this has been the Case, was the *Bark* in small Quantities, join'd with cordial, volatile Medicines often repeated.

If a Looseness happens, when the *Small-Pox* is upon the turn, 'tis also very Dangerous; the Pox, if it continues, will soon become flat, the Heat will for the Present abate, and Part of the Matter, will return into the Blood, and bring on a *Fever*, that if not speedily relieved, will prove fatal. In this Case Astringents are requisite, and the cordial Mixture I before directed, and to drink Hart's horn Drink, with *Cinnamon* boiled in it, and red Port-wine added to it, and not any small Beer; and the following Mixture will be very Proper, as it is both a Cordial, and an Astringent Medicine.

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R.



℞ *Aq. Cinamom. Ten. Menthæ. ana* ℥iij  
*Pæon. Comp.* ℥ij  
*Spt. Lavend. c* ℥iij  
*Confect. Cardiac.* ℥iij *M. Cujus Capt.*  
*Cochl. ij vel iij post Singulas Sedes Li-*  
*quid. vel 3tâ quâq. horâ.*

This astringent Mixture, should be continued, 'till the *Diarrhæa* abates, and afterwards give the Alexipharmac Mixture, *Cum Pulv. e chel. c confect. Alcherm. &c.* and this must be repeated 'till some few Days after the Pox upon the Legs and Feet are turn'd.

Sometimes a Loosness will break out upon the turn of the Pox, by some of the Matter re-entering the Blood, and Nature is endeavouring to carry it off by Stools. This Loosness should not be stopt, but gently checked, or rather supported by Cordials, and smooth Chicken-broth, and a little *Rhubarb*, with *Diascordium*, and Oil of *Cinnamon*, and after an Abatement is obtained, 'twill in a Day or two, be right to give a purging Draught, with some *Rhubarb* in Powder, and Tincture of *Rhubarb* with it; for if Nature has collected Part of this Matter into the Bowels, it can't be removed, but by purging as she directs, but if the Bowels, after *Rhubarb*, are quiet, I should rather chuse to stay four or five Days, after the Pox on the Feet are turn'd, and then I would purge briskly: Purging too soon, with gentle Physick, only invites the Matter into  
the

the Blood, or at best, into the Bowels, and there leaves it, which a more active Purge, will prevent, and the bad Consequences which may follow.

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C H A P. XXV.

*Of the Scurvy.*

**T**H E *Scurvy* is a Foulness in the Blood, however attained, which greatly prevails amongst our Mariners, who chiefly live upon salt Beef and Pork, and drink bad Water, no small Beer, or any proper Diluent, to break, digest, and wash away the Salts, their Food so greatly abounds with, whereby their Blood becomes thick, being loaded with viscid, saline Humours, and for want of proper Diluents, and purging, this Matter encreases, 'till it breaks out in Scabs and Blotches, and if a Loosness don't favourably intervene, it often occasions a bad *Fever*. Some who have it in a less Degree, are troubled with a Scurff upon their Skin, which itches and is very hot, and sometimes they have Boiles, and many scrophulous Complaints; and such who are mostly afflicted with this Disorder upon Land, are those that eat chiefly salt Meat, swimming with Gravy, and high season'd Sauces, and drink Wine, and use little Exercise; and the poorer Sort breed it from a gross, foul Diet, such as



salt Pork, and Hog's Blood, made into Pudding &c. or a Sheep's Liver, and such like Food, which greatly tend to generate the *Scurvy*: And often this Distemper, as well as Rheumatick Complaints, and many more, are the Remains of ill-treated Disorders, where the morbid Matter left behind, shews itself in other Shapes, and is call'd the *Scurvy*.

Let the Cause arise from what it will, it is attended with bad Symptoms, and often bad Consequences, for this Sanies before it breaks out, is moving in the Blood, and causeth a slow *Fever*, wandering Pains, restless Nights, unwillingness to Action, a Lassitude &c. This is a common Complaint amongst us, this is our *English* Bane, we being more subject to it, than other Nations, which is greatly owing, to our eating more Flesh, and drinking more Malt-Liquor, than Foreigners do, their Food being more simple, of a vegetable Kind, and they drink Wine and Water, and Tea, all which are less apt to breed the *Scurvy*, than our plentiful Tables. Besides the many Ills, subsequent to this Disorder, I am inclined to think, a very fashionable modern Evil, call'd the *Vapours*, in a great Measure owes its Birth to a scorbutic Habit, which Foulness, clogs and firs, and renders those nervous Organs defective, and consequently the Spirits are weaken'd and impair'd thereby; but this I have already treated of: I shall now recommend

mend some Method in order to relieve this *English* Malady.

Bleeding is the first thing I shall advise, which must be repeated twice, or three Times at proper Intervals. I would afterwards recommend some purging Medicines, such as I have prescribed in the *Rheumatism*, after that some cooling nitrous Medicines, as are given in *Pleurisies*, and then to undergo a Course of Alteratives; and I know no better than the Electuary and Diet-drink, directed in the *Rheumatism*, which I refer to, which Medicines, should be continued for a Month, or six Weeks; but once a Week to omit the Electuary, and take a Bolus with *Calomel* over Night, and the next Morning to purge it off with *Fallap*, *Scammony*, or some brisk, warm Physick.

'Twill also be adviseable to abstain, from Beef, roast or boiled salt Pork, and all rich, high seasoned Dishes, and to eat fresh Water Fish, Chicken, Rabbit, Veal, Lamb, Pudding, or a milk and vegetable Diet, to drink chiefly Water, and sometimes a little Wine in it, and good small Beer, and to avoid all strong Spirituous Liquors.

But after all I have said, concerning the Cure of this Distemper, (after Bleeding and gentle Physick) I think nothing more effectual than to drink the salt Water, and at the same  
Time



Time to bathe in it, which has answered when all other Methods have proved ineffectual ; and there is great Reason why the Sea-water, drank and bath'd in, should be useful, for the salt Water will purge very powerfully, and bathing in it, will divide the Salts from the Blood, and disengage them by Revulsion, and it will outwardly cleanse the Skin, from its Impurities ; I shall leave such Persons who are afflicted with scorbutic Complaints, to chuse which of these two Methods is most agreeable, to their own Inclinations and Conveniency, but would advise them immediately to apply to one of them, for this same Disorder, tho' it denotes no present Danger, yet in Time, may produce such Diseases as will, if not speedily remedied, be fatal.

And this same Treatment will cure the *Itch*, and many cutaneous Disorders, better than nasty daubing Ointments, or ill-cured Quick-silver &c.



C H A P. XXVI.

*Of the Hooping, or Chin-cough*

**T**HIS is a Complaint which Children are most subject to, once only, and is as catching, as other malignant Diseases are, which makes me apt to judge it to be, of a malignant, infectious Nature, as other Distempers, which are received from Infection, and must have its Course; for this Distemper can't be cured, 'till it has spent itself, which sometimes, is three or four Months first, tho' the Violence of the Symptoms may be abated. Medical Authors have taken little Notice of this Disorder, and I have seen it treated, as if 'twas as little understood; Oils and Syrups, are commonly given on this Account, which seem to do very little good, or hurt, and 'till some better Method is advanced, the Children may be treated with Oils and Syrups, and pleased, with Sugar-candy, and Plumbs &c.

About a Year and half since, most of the Children in the Parish where I now live, were violently afflicted with this Cough, which put me upon thinking, what it could proceed from, and what Method of Treatment, was most likely to succeed; I observed they all had *Fevers,*



*vers*, attending this Cough, from which I concluded, there was some morbid Cause, in the Blood, which chiefly offended the small Vessels of the Lungs, and a sharp irritating Fluid, proceeding from the Glands into the Lobes of the Lungs, brought on a Fit of Coughing ; and agreeable to the Time of collecting that Humour, were the Intermission of these Fits of Coughing, which lasted 'till the Lungs had removed that Humour, and then the Cough would cease, and the Lungs would be quiet, 'till more of that Humour was gathered, to bring on another Fit. In order to relieve them ; according to their Age, and the Degree of the Complaint, I bled and gave them gentle Physick, and *Nitre* dissolved in Barley-water, sweeten'd with Honey, and kept them from Meat and Malt-liquor ; to live very abstemiously, and to procure them, if they had not a Stool, every Day one, by *Manna*, *Senna* &c 'till this Humour had spent itself, and by this Method I kept them cool, abating the Symptoms 'till they quite recover'd ; some who had it to a great Degree were convulsed, them I blyster'd : besides observing the Regimen directed, I by this Management, cured a great Number, and only one little One, that I had under my Care, died.



C H A P. XXVII.

*Of a Worm-Fever.*

**T**HIS is a very fatal Distemper to Children, and as this *Fever* so much resembles intermittent *Fevers*, 'tis often mistaken, and improperly treated, and many poor Children, after being a long Time plagued with the Bark, and other Febrifuges to no Purpose, have lost their Lives; but if Persons would observe strictly, they would find this *Worm-fever*, that Children are so subject to, seldom or never to intermit: Besides there are other Diagnosticks, that must convince them, that this Illness is not an *Ague*, or intermittent *Fever*, but is occasion'd by Worms, and may properly be call'd a *Worm-fever*, and for want of this Distinction, many Children are lost.

The Symptoms attending *Worm-fevers*, are loss of Appetite, an offensive Breath, a pale Complexion, restless Nights, wandering Pains, swelled hard Bellies, their Urine, (by lying a little Time on the Floor) becomes thick and white, like Whey, with an alternate Heat, and Chilness, tho' never so cold as to shake, and may be succeeded by a *Fever*, that will go off  
C c by



by Sweats, as intermittent *Fevers*, and *Agues* do, or to have such regular Periods of the Declension, or return of the Fit. I think these Symptoms, differ so much from *Agues*, as may convince the Practitioner, if not the Parent, that the Child's Case is Worms; and those Worms, must be destroyed, before any Hopes of Recovery can be indulg'd; and no better Remedy do I know, than the following Powder, taken at Night going to Bed, in a little Syrup of *Violets*, or Treacle, which the Child will take best, and not in Tea, or any Thing liquid, it being an heavy Powder, which will, so taken, be lost, and the Child receive little or no Benefit.

R $\bar{x}$  *Pulv. Rad. Jalapii* gr. x  
*Calomel.* gr. viij  
*Ol. N. Mosch.* gt. j *ft. Pulv.*

This is a proper Dose for a Child, of about ten Years of Age, and may be proportion'd, to others, either younger or older. And this Powder should be repeated, every third or fourth Night, for three or four Times, and it will infallibly destroy the Worms; and if the Case should not be Worms, but a Collection of some Humours in the Viscera, which Children are subject to, by eating of Trash; or should it be the Remains of an *Ague*, or *Fever*, or given at any Time when you have no

Reason

Reason to suspect Worms, but would purge your Children, you can give them no better Medicine.

This Complaint don't only invade Children, but I have known Persons of all Ages, and both Sexes, who have had Worms, and been cured by this Powder.

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C H A P. XXVIII.

*Of the Rheumatism.*

**T**HIS Distemper takes its Name from <sup>ῥέω</sup> *Fluo*, to flow, as the Matter which occasions the Pain, and other Symptoms of this Complaint, tho' viscid, and inflammatory, yet is capable of fluctuating, and removing from Part to Part. This Illness greatly resembles the *Scurvy*; only in *Scurvys*, the Complaint is more Universal; most Distempers arising from morbid Matter, proceeding from Indigestion, and Flatulences, are at first attended with Symptoms alike, 'till Nature differently disposes of them, and according to her Discretion, where they happen to fix, the Distemper from thence takes its Name. Sometimes this, as many more Disorders, are hereditary; and sometimes 'tis the Remains and Foulness left behind, of an ill-treated bad Distemper.



The *Rheumatism* is the *Gout* in Miniature, the material Difference betwixt the *Rheumatism* and *Gout* is this, in the *Rheumatism*, the Sanies, or morbid Matter, being not so viscid and ponderous, as in the *Gout*, it moves in the Blood, and is more Universal; it is attended with Pains in the Joints, as well as the *Gout*, but the Tumour is not so perfect, nor the Pain so acute; it has a symptomatic *Fever*, loss of Appetite, reaching to vomit &c. the Blood hath the same Aspect, as in *Pleurisies*; all these Symptoms are plain Indications, that Matter is the Cause, and that Matter must, as much as possible be removed; by bleeding, purging, diluting, and by nitrous, and antiscorbutic Medicines, and treated very little different from the *Scurvy*.

Bleeding in this Complaint, ought to be the first Step taken, and afterwards to take cooling, gentle Physick, which as well as the Bleeding, should be repeated two or three Times, as the Strength of the Patient will allow, and the Symptoms shall indicate; observing a simple cool Diet, and what is most easy of Digestion, to avoid strong Beer, and other spirituous Liquors, but may drink plentifully of such as are small, and will dilute; this Method observed, will unload, cool, and dissolve the Viscidity of the Blood, and invite a Separation of the morbid Matter; after 'tis disengaged and diluted, it will be more fit to be

be carry'd off by Perspiration, Stools or Urine; Part of the Cause being thus removed, 'twill then be adviseable, to take a few stronger Medicines, whose Operations will more forcibly revulse, which are such as follows.

*Rx Calomel. gr. xii*

*Cons. Cynosb. q. s. ft. Pil. No. ii horâ somni. sumendæ. et cras. primò mane Capt. haustum sequent.*

*Rx Infus. senn. Zij*

*Elix. salutis Syr. de Spin. Cervin. ana ʒss Pulv. Rad. Jalap. ʒss M ft. Haustus.*

These Pills and Draught, should be repeated, once a Week for five, or six Weeks, and those Days they are not taken, let the same Electuary, *cum Cinnab. antim. Gum. Guiac. &c.* as is directed in the Cure of the *Scurvy*, with the same Diet-drink after it be taken; which continue, for the same Time as the Pills and Draught, are to be repeated.

After a Process of this Kind has been duly observed, the cold Bath will be of great Service, by recovering the Tone of those Parts, which have suffer'd, by a long Retention of the morbid Matter. The cold Bath hath been known very often to contribute to the Relief of *Rheumaticks*, which has induced many Persons, inadvertently to try it, before they do any thing else, and some have received



ceived Benefit by it ; but that happens, when there is not so great a Quantity of Matter in the Blood, and that Matter not so viscid, but would give Way, to a Revulsion, from the Force of the Water ; the cold Bath in such a State of the Illness may do, and doubtless has too ; but this Practice is neither so rational or safe, as first to bleed and purge ; for the Velocity of the Blood being so greatly augmented by Immersion, may force so violently, against those fine, small, obstructed Tubes, and if the Blood be too viscid to give Way, to that encreas'd Impetus, it will not only add to the Pain, but may tear, or burst those tender Capillaries, and force from them extravasated Blood, which may prove of a bad Consequence ; but after Bleeding and other Evacu- ations, and more especially after a Course of Absorbents, and antiscorbutic Medicines, we are not liable to such Accidents.



## C H A P. XXIX.

*Of the Gout.*

**T**HIS Disease, as it chiefly affects the Joints, is derived from *ἄρθρον*, *Articulus*, a Joint, and according to the different Parts it affects, 'tis call'd by different Names; when the gouty Matter lodges on the Knee, 'tis call'd *Gonagra*; and when in the Feet, *Podagra*; and in the Hands *Chiragra*; and in the Hip *Sciatica*. Amongst the various Accounts of the Rise of this Distemper, by many learned ingenious Authors, there is none that seems more rational to my weak Conceptions, than that it is a viscid, sharp, corrosive, ponderous Matter, occasioned from free Living; eating Meats of hard Digestion, swimming with Gravy, and high season'd Sauces, rich made Dishes &c. drinking large Quantities of rough Wines, or stale, strong Malt-liquors; and such Persons who live thus elegantly, are commonly of that Rank, whose Fortunes, (besides this Excess) indulges them, with too much Sleep, and Indolence, who use too little Exercise, and follow no Employ, but the Chief Business of whose Lives, is to gratify their Taste. Such Persons as these, collect Crudities and Flatulences apace, and from such an unactive Course of Life, this Matter, collected from Excess, instead



stead of being carried off by Perspiration, Urine, or any other Way, lies undisturb'd, 'till it becomes so concocted, so sharp and acrimonious, so thick and heavy, that it is so viscid, that it can't be carried on in the common Course of Circulation; but subsides, and by its Weight, falls into the cartilagineous Cups, that receive the Extremities of the Bones; which by its Corrosiveness, it heats and inflames the Part, and the Tendons and Nerves &c. and the Part is in a most intense Pain, 'till a Tumour ensues, which, with the additional Blood, brought by the Pain to that Part, the gouty Matter is in some Degree allayed, and the Acumen of that Matter thereby sheathed, and the Virus blunted; the Pain then becomes a little more tollerable, and so continues, 'till Time has given Nature an Opportunity, to expell the more fluid Part of this Matter, by Sweat, some Part of it by Urine, and some by Stool; and what the old Lady can't otherways get rid of, she sets on Fire, and burns it to a Cinder &c.

Young Persons are seldom afflicted with the *Gout*, unless 'tis hereditary, and this makes it obvious to me, that it proceeds from morbid Matter; and that Matter requires some Time, and industry too, before they can accumulate such Matter, as will produce it. Thin, spare Habits, are not so liable to breed it, as those who are robust and corpulent, and many who have

have taken as much Pains, as were in their Power, could not purchase it, but have kill'd themselves, before they could arrive at this grand Pitch of morbid Dignity.

The Ladies are not so subject to this Dis-temper as the Gentlemen, and there are two very substantial Reasons why they should not, and first, from their menstrual Evacuation, which greatly contributes to preserve them from Illnesses, they would for want of it, be more liable to; as evidently appears, from a Suppression of that natural Discharge: Another Reason, I hope is as true, that is, they are not so free with our sumptuous Dishes, neither will they, or can they indeed, (or at least very few of them) take their Glass to that Excess the Gentlemen too frequently do, tho' I must beg the Women's Pardon, when I say, I have known some Females afflicted with this Complaint, to a high Degree; but I am so charitable as to hope, 'twas not collected by free living, but unhappily entailed upon them, by their Parents.

Persons of both Sexes, and different Ages, who are subject to the *Gout*, for sometime before the Fit is formed, are troubled with a Crudity, or an Apepsy, with a windy Intumescence, an Heaviness, a slight Fever, which continues 'till the Fit; and before the Fit they are attended with an alternate Heat and Chills; this also makes it plain to me, that the



Matter, or that Part of the Matter, which fluctuated, occasioned the *Fever*, which *Fever* abated upon the Collection of that Matter, into a Tumour. A Fit of the *Gout*, lasts not so long, with strong, young Persons, as with old, the Blood of Persons not so far advanced in Life, is more warm, and the Texture stronger, and the Parts have more elastic Force in them; in such Persons, the gouty Matter, is sooner separated, concocted, and collected into a Tumour, which is the very Fit; and these Persons have the most regular *Gout*. Some in the Decline of Life, who are either worn out with this Illness, or some other, or what is still a more incurable Complaint, *Old-age*, for want of Warmth, and Force in the Blood, can neither bring on the Fit, or form a Crisis, and dispose of it so soon as young People do; and old Subjects may be said to have an irregular *Gout*, and in Truth, for want of a due Concoction of this *Pus Purum*, there is a gouty Sanies, almost ever wandering about them; these Persons can neither be said to have the *Gout*, or to be entirely free from it.

Upon the Approach of the Fit, Persons should live more free than usual, especially old People, but some through Mistake, are apt to live too low at the Onset, which backwards the Suppuration and Concoction of the gouty Matter, which ought to be hasten'd to Maturity, by good Living.

The

The Periods for the Return of the *Gout*, are uncertain, they depend upon the Quantity and Quality of the Matter, as also on the Strength of the Person; and the Richness of Living, helps greatly, both to breed the Fit and bring it to Maturity, even in young, strong Subjects, as most evidently appears by its contrary, from such who live upon Milk, Pudding, and Vegetables, and neither drink Wine, Ale, or any strong Liquor, to escape it, and have actually from such an abstemious Life, avoided its Returns as usual.

The Tarsus, Metatarsus, Nerves, Ligaments, and cartilaginous Cavities mostly suffer, from the corrosive Virus, of this purulent Matter, which when separated from the Blood, besides its own Inclinations to take up its Residence in those Parts, is thither convey'd, by the Force of the Circulation, which Force is so very much weaken'd, upon its Return, as to leave the Matter behind, not being able, to bring it back again.

In a regular Fit of the *Gout*, after the Matter is separated and concocted, an Abscess is formed, where this gouty Matter lies, 'till Part of it goes off by Sweats, Part by Urine, and Stool, and the more gross Part remains, 'till it quite becomes a Calx, or what is commonly call'd, chalk Stones; and after this Manner, the Fit comes on, and comes to a Crisis, then spends itself, goes off, and leaves the Patient with swelled, stiff, weak Joints &c.



Shall I be pardon'd, should I advance my feeble Account, of this unaccountable Distemper.

Then first, the *Gout* plainly to me, proceeds from a sharp, corrosive, viscid Matter, deriv'd from the indigested Crudities of a weak Stomach, which Matter is the very virulent Product of all other Matter, and can't be accumulated, from any short Indulgence, or Luxury, but requires some Time, before it becomes such a Matter, as can bring on such a painful Disorder, and when once this same Virus is separated from the Blood, and becomes the *Gout*, it so frees the Mass of all less Impurities, as not to leave morbid Materials enough, in the Blood sufficient to produce Illnesses, of an inferior Degree, which makes many sickly Persons so desirous to have it.

The Symptoms forerunning a Fit of the *Gout*, are a Nausea, reaching to vomit, a Shivering, a Chills, and sometimes, hot wandering Pains, all over the Body, with a symptomatic *Fever*, as is common where Matter is the Cause, which must be separated, concocted, and collected into a Tumour, before these Symptoms abate, and 'tis evident that the Fit terminates, some Time after the Tumour is formed, and the thin Part of the gouty Cause, is lessen'd by Perspiration, the grosser Part by Urine and Stools, and what remains in the Joints unremoved, becomes a  
callous

callous Substance, unable longer to offend, as the Virus of the remaining Part of that Matter, is entirely spent, and no longer able to give Uneasiness to the Parts; and the Cartilages, Tendons, Muscles &c. where it lodged, are render'd insensible, and the Joints are disabled, and unqualified, for the same Motion, as before this gouty Matter had first invaded them, for by its corrosive, poisonous Qualities, it has scorch'd, shrunk, and burnt them, whereby they have lost, in a great Measure, the Sense of Feeling, and the Power of Action.

As Matter is the Cause of the *Gout*, and Nature in order to free a Constitution, that has by Excess, and Irregularity, collected that Matter, and by a Tumour hath gathered that Matter, (or the greatest Part of it) together, in order to dispose of it, which she required some Time to accomplish 'twill be Madness in any one to interfere with Medicines, to oppose Nature in an Undertaking, when no Medicines can be helpful; for this Matter is too corrosive and viscid, to be interrupted, and too heavy to be removed, and was it possible to revulse that Matter, and return it into the Blood again, what bad Consequences must inevitably ensue; therefore as Nature has undertook this great Work, leave it to her; indeed a Flannel may be proper, but no Oils or Spirits, to inflame, and lock up the Pores, and encrease the Pain, and confine the Matter; a Flannel by keeping the Swelling warm, may open the  
Pores



Pores and invite a Discharge, of the thinner Part of that Matter, which is capable of passing thro' the Pores, by Sweat, and the grosser Part of that Matter, will by its Warmth, the sooner come to Maturity, and be dispers'd; indeed when an Attack of this virulent, corrosive Matter, is made upon the Stomach, then the strongest Wines, and warmest Cordials, are absolutely requisite; we should in this Case, enable the Stomach to act with such a Force, as will remove it, and give it no Quarter, and with equal Celerity, to drive it thro' the Viscera, and in such an Exigency as this, I can't think *Falap*, in strong Mountain-wine, a bad Resort, for if this Matter be suffer'd to lodge upon the nervous Coates of the Stomach, and Bowels, it will act as other Poisons do, and inevitably bring on Death, and should this same gouty Virus, invade the Brain, what Expedient can be thought of, thence to remove it. I am inclined to think, as this Matter is chiefly first generated in the Stomach, and afterwards separated from the Blood, and there becomes viscid, and heavy; it is by its own Weight, more disposed to descend, than ascend, and that Part of it, which sometimes assaults those higher Regions, is more fluid and light, and easier to be revulsed, and not liable to do the same Mischiefs, as it is not so viscid, or corrosive as that which falls upon the Extremities: I can't think of any Thing more likely to give immediate Relief in this Case,

than

than to promote a Discharge by the Nostrils, and whether the Irritation of Ellebor, to cause violent Sneezing, will not be useful, I submit.

I look upon it quite right, to live well in a Fit of the *Gout*, to support Nature, and the better to enable her to accomplish the great Undertaking, she is engaged in; starving or abstemious Living before the Fit, may keep it off some Time, but starving in a Fit of the *Gout*, will continue it longer: I should do, or recommend little else in the Fit, than what I have already observed, but afterwards I should be for trying such Methods, as bore the most Probability of doing good, and could upon no Account do hurt.

I now suppose the afflicted Person, by the kind Assistance of Nature, to have struggled thro' this most painful, tedious Complaint, and the Blood is by the Fit greatly freed, from the gouty Cause, would it be amiss to give a Tincture of *Rhubarb*, with *Saffron*, and Nutmeg, prepared in Mountain-wine, (in small Quantities,) for a few Nights, and Mornings, to cleanse and comfort the Stomach, and Bowels? And as soon as the Patient has a little recover'd I would then give Purges of more Force, for if this Distemper, ariseth from Matter, and no Fit can return 'till such a Quantity of Matter be collected, will it not be adviseable, to prevent the Generation of that Matter, which Matter, if not prevented, will bring again a  
Fit



Fit of the *Gout*? And surely this may be done, by keeping the Stomach, in a healthful State, procuring a good Appetite and Digestion, to take alterant and antiscorbutic Medicines, to purge sometimes once a Week for a Month; to live moderately, but well, not to Excess, and to use Exercise and Diversions: Such a Regimen as this, I humbly apprehend will inevitably destroy the Generation of that Matter, without which, there can be no *Gout*. This is an undeniable Truth, as I have often observed from those, who have prevented the Growth of it, by an abstemious, vegetable Diet, and thereby have escaped the *Gout*: But tho' they have escaped several Fits, yet when it has return'd, they have pay'd severely for it, for this Reason, the Parts have been reduced by low Living, and after a little more Freedom, the *Gout* has return'd, when those Parts, were less able to undergo the Fatigues of the Fit. And whether Persons who have been used to good Living, would not chuse to live so again, which they may do, and escape the *Gout* too, by taking a few proper Medicines, to destroy the Evil, before it becomes predominant, than never to live well, but starve themselves, in order to live miserable; which they chuse, I shall leave to them. A Medicine with *Cinnabar. Gum. Guaiac. M. N. &c.* as directed in the Cure of the *Scurvy*, with a Diet-drink &c. may be useful; some have taken *Æthiops*, others Flower of Sulphur,

phur, in Milk, and white Wine, with Nutmeg and Sugar ; but such Medicines as these, if they are antiscorbutics, they want the Assistance of Stomachics and Strengtheners, that may correct and absorb Humours, and free the Blood, but after these Medicines, or any of their Kind, the thing I should lay the greatest Stress on, both to keep the Stomach, and Blood free from the gouty Cause, and to recover the lost Tone of the Parts, is that grand Restorative the Bark, which I am almost confident would prevent the *Gout*, after the former Treatment; for if the Bark has Power to prevent the Return of a *Fever*, which is Matter already in the Blood, tho' of a less morbid Degree than in the *Gout*, I say if it will prevent a Distemper's Return, which we have already, 'tis highly probable, it will prevent the Cause, or Generation of a Distemper, after being free'd from that Matter, which occasioned it, for if it will cure a Disease of a less Degree, it will have Power sufficient to prevent one of a greater, as every one must allow 'tis easier to prevent an Illness than to cure it. But this same Medicine would be prejudicial, if given prior to the Treatment before directed.

But suppose this Method, or some other better calculated, should prove successful. We are next to consider what sort of Gouty Subjects are proper to undertake: old, weak, wore out emaciated Martyrs to the *Gout*, should bless

E e them-



themselves they have got through it so often; these should live well, and take their Glass freely, and not attempt to put dame Nature out of her Road, but to Humour her, and give her a chearful Cup, for if you should slight and affront the old Lady, after she has been so long and so often serviceable, she may leave you to yourself, and then farewell. A little Tincture of *Rhubarb*, now and then, and what Exercise you are able to use, with good Living will be right.

The Young and Strong, are the proper Persons to be cured, if I may be allowed the Expression, tho' I confess, I think any Distemper prevented, so as not to return again, is the best Cure; and such Persons as these (I think may) by making Tryal of what I have recommended find Relief, which I heartily wish, and if they should fail in receiving the Benefit I wish them, I hope they won't be angry with me, for my good Intentions.

I have now gone through the first Part of my Proposals, which was briefly to treat the most Common, prevalent Distempers, shewing their Rise and Nature, with the Symptoms attending them; and I hope the Method I have exhibited, is according to my PROPOSALS, (*viz*) plain, rational and concise; I have all along strictly observ'd the Tendencies, and Indications of Nature, and have acted in concert with her Endeavours, where I thought her Attempts

Attempts were most likely to succeed; and when she hath acted beyond due Bounds, I have mildly check'd her, and where she has wanted Assistance, I have given her all that was in my Power; and since most of our Complaints are deriv'd from Irregularity, Excess, Luxury and Debauch, and as it is greatly in our own Power to escape them, I shall in the next place, point out some Rules and Directions (which if observ'd) will not only preserve good Health, but make our Lives comfortable and lasting.









# Rules *and* Directions

How to Preserve

## *Good Health and Long Life.*

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### C H A P. I.

*From the Birth to the Boarding-School.*

**T**HIS Subject I shall begin with the Infant as soon as born, and as most Disorders arise from Excess in ourselves, or the Misconduct of others, it may not be improper to advise Parents, Midwives, Nurses, and the good Women attending Labours, to keep the Room warm, and to expose the new-born Babe to as little Air as possible, I mean to be expeditious in dressing it, and to omit some Part of that Dress, which is needless, and takes up too much Time.

By the sudden Alteration from the Mother's Womb into the World, the tender Lobes of the Lungs at once are inflated by an impetuous Air, and are immediately set in Motion, which the little One converts to crying, which is not only natural, but useful; it adds  
to



to the Momentum of the Air, as it may more forcibly open the little Receptacles of Air, whose Actions keep the whole Machine in Motion. Crying, which often offends the tender Mother's Ear, is the only Exercise these young Ones have, and were they not to cry often, especially at first, to expand the Lobes of the Lungs; I am apt to think, there would soon be an entire Cessation of all vital Motion.

After the Child is dress'd, mix a little Syrup of *Rhubarb*, *Violets*, and Oil of sweet *Almonds*, of each equal Quantities, and give the Child a Tea-spoonful; and about three or four Hours after give the same Quantity, which may be repeated twice or three Times, in four-and-twenty Hours: This Mixture will cool and lubricate the Stomach and Bowels, and soften the hard Fæces lodged in the Intestines, and blunt the Sharpness, and remove any Flatulence, occasioned by the Retention of the Excrement, and forward its natural Expulsion. Children for want of such a Medicine, are often afflicted with a flatulent *Cholic*, and if the Cause is not removed soon, a *Fever* ensues, and often *Convulsions*, and the young Infant perplex'd with Blisters and many cordial Medicines, to little Purpose; but when this happens, I would advise a Child's Spoonful of this Mixture to be given every three or four Hours, 'till the Symptoms abate.

Take

*Take small Mint-water 3 Ounces; fine Rhubarb 24 Grains; Diascordium (without Honey) one Scruple; Syrup of Diacodium half an Ounce; Oil of Aniseed (dropt upon a Lump of loaf Sugar) four drops; mix them all well together and give it as directed.*

As soon as convenient, and all Things go well with the Mother, whom I have left to the Care of the Midwife and Nurse, I would have the Child take the Breast; this Fluid is most natural, 'tis what supported the Child before 'twas born, and ought to be it's chief Nourishment, for as long after the Birth as it was before, and what no Mother ought to deny whose Health will permit, and no longer; tho' 'tis too common a Practice with some, to suckle their Children, 'till they can run after their Mothers as Pigs do, and squeak for it. But whatever Design the Mother may have, for letting their Children suckle so long, 'tis prejudicial to both, but most to the Child; Children should suck little and often, and not to over charge their Stomachs, as is frequently occasioned, by feeding them too much at a Time; 'tis too common amongst the good Women, to feed the Child at any time when it cries, which it seldom does for Hunger. The proper Food is white Bread boiled in Water, it ought to be boiled but little, but be broke and made smooth, by pouring it out of one Bason into another, to warm no more than the Child will  
eat



eat at once, to put but little Sugar in it; too much is apt to nauseate the Stomach, and gripe it, and as long as the Child sucks, 'tis best to put no Milk to its Food.

Altho' at first the Child be kept from cold Air, 'twill be very right, as it advanceth a Month or two, in fine Weather, to let it take the Benefit of the Sunshine, and until it can run about to exercise itself, the Nurse should dance it in her Arms, which will be a Means to keep it in Health, and preserve it from the Rickets, and other Disorders; if this little One should be of a weakly Frame, and not grow and get Strength as fast as it ought, there possibly may be some sharp Humours, that it may inherit from its Parents, and if this be suspected, 'twill be proper to give it a little *Rhubarb*, with *Jalap*, according to its Age and Strength, two or three Times, and afterwards to dip it every Morning, in cold Water: when the Child advanceth to a Year or two, and after, its Food ought to be thin Milk-pottage, Ricemilk, light Pudding &c. very little Meat, the less the better, and never out of Kindness, to force it, to gorge and overload its Stomach, whereby it is stretched, and makes them afterwards eat more, than agrees with them, and makes even young Ones subject to many Disorders.

Water is most natural, and best for them to drink, and after they grow great Lads, not  
to

to let them taste any Thing stronger than good Small-beer; Milk, Butter, and Cheese, as well as flesh Meat, are not so proper for Children, Veal and Chicken, now and then: Milk is good for Children that are lean, and troubled with sharp Humours in the Blood; but by being too nutritious for some, it fouls the Blood, and makes them Gross, and frequently Scabby. Breeding Teeth, is often fatal to Children, at which Time, they ought to be kept loose by Manna, and Senna, and 'tis often requisite to lance the Gum. I have known Children in such Pain, from a Tooth, before it is cut, as to throw them into Fits, and prevent their making Water, and the Mother hath apprehended the Child, to be afflicted with the Gravel, or Stone, but as soon as the Gum hath been open'd, it hath made Water freely. The meaner, or the more simple Diet, Children have, 'tis evidently the better. Were the Gentry, who kill too many by high Feeding, to take a Survey in some of our country Villages, they might see eight or ten little Ones, in a Cottage; where the Children, and their Parents too, live upon barley-Bread, no Butter, Cheese, or Meat of any Sort, but Skim-milk, Whey, Butter-milk, Water-Gruel, and for a Sundays Dinner, a Pudding of Barley-meal, mix'd with Water, no Eggs, nor Butter to eat with it, but a little course Sugar and Vinegar mixt;

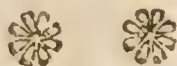
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this is the Top of their Entertainment, I say, our Persons of Quality, would soon be convinced, what Diet is most healthful: But yet a difference must be made between Children born of Persons of more refined Constitutions, and such as are Natives of a Cottage, there is a wide Difference in the Nature of them, and some ought to be had, in regard to their Diet too.

These poor Children, and those that are grown up, are fleshy, fresh colour'd, brisk, strong, and able to undergo any Hardship, if there be any for such, who are thus so happy, and many who have always kept to this plain Fare, have continued their Health and Labour to a great Age, and never took Physic, or bled, when we see others, more tenderly brought up, by being fed too high, and too much, poor, puny Creatures, never well, perpetually taking Medicines, to little Purpose, more than to punish them, that little Time, they survive their Miseries.



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C H A P. II.

*Of YOUTH, 'till they arrive at Maturity;  
and afterwards.*

**Y**OUTH S when sent to Boarding School &c. should Rise betimes in the Morning, have a light Breakfast, leave School by eleven, and have their Dinners by twelve, that they may Play an Hour before they return to their Books; and to quit School in the Afternoon, soon after Four, and to Play 'till Seven, and after making their School Exercise, to have a slight Supper, of Tart, Apple-pye, or some such Food; and at eight in Winter, and nine in Summer, to go to Bed: And I think it most adviseable not to have their Beds warm'd. An Holiday now and then, to unbend their Minds, or rather to relieve their tender Nerves, will recover their Spirits, and make their Studies more advantageous; besides, then their Exercise and Diversions are lasting, and more likely to divert any Humours, apt to be collected from a studious sedentary Life. The Education of Children is according to the Abilites, or Views of their Parents, which I shall leave to them, but as for such who are design'd for Arts, and Sciences, after going thro' the school Discipline, and are admitted in either of our famous Universities, they are liable to some Temptations, as they are now free from the restraint of a School,



and have greater Opportunities to gratify, and indulge, notwithstanding the good Order, and Regularity, so strictly observ'd, by their Masters and Tutors, &c, and what is still as likely to prejudice their tender Constitutions, their Studies require so close an Application, as to confine them several Hours in a Day, which prevents too much the Exercise requisite to preserve them in Health, the want of which may, in all probability, lay a Foundation for Diseases.

To Escape such Evils, 'twill be adviseable for a Student to rise by four, or five o'Clock in Summer, and at six in Winter; to apply himself ('till eight,) to his Books, Chapel, and Lectures, to take his Breakfast of Tea, Gruel, or some such light Food; and afterwards to Walk for an Hour or two, which will refresh both Body and Mind: he will then return with more Vivacity, and make a much greater Progress, than sitting too long at one Time.

At twelve is a proper Time to Dine, and to supply the natural Demands of a good Stomach: the Commons are sufficient, but those Gentlemen, that have a mind to exceed, may add to them, from the Kitchen, which gives some an Opportunity of indulging a little too much, often to their hurt: But such who desire to enjoy Health, and make a Proficiency

in

in Learning, should avoid every Temptation, that offers, and as soon as Dinner is over, let them again visit the pleasant Walks, and Fields, and in the Afternoon (with some agreeable Companions, Gentlemen Students,) regale over a dish of Green-Tea, and pleasant Conversation. I need not tell those young Gentlemen, with what easy, free Spirits, they return to their Studies, 'till Chapel, and after that to Supper, which should be light, and easy of Digestion, and afterwards to spend their Evenings, some times with their Books, and sometimes with cheerful improving Conversation: by observing such a Method, both of Diet, and Study, as also Exercise, they will soon become great Scholars, useful to themselves and Community, a Reputation and Honour to the Society they are Members of, and continue brisk, healthful, able Men, capable in their different Stations, to serve God, themselves, and fellow Creatures, to an Age far exceeding the Time of the indolent and luxurious.

Such Gentlemen who have to their Studies, added Temperance and Regularity, and whose Accomplishments have advanced them to high Degrees, and honourable Preferments, have with a Continuance of them, with a moderate Exercise, preserved a constant State of Health, and now enjoy the happy Effects of it.

But since some few, amongst a great Number of Gentlemen of Learning, and shining  
Parts



Parts, sometimes give way to Temptation, I hope they will pardon me, should I give a little Advice, in case it should be wanted; as on Festivals and extraordinary Days, they have additional Dishes extremely good, which are very inviting, and may tempt the most abstemious a little to exceed his usual Bounds, at such Times, 'twill be most adviseable, to chuse which is least liable to hurt them, by being most inoffensive and easiest of Digestion, and to drink often while at Dinner, small Quantities of warm Water, just dash'd with White-wine, or Small-beer; White-wine is best at Meals and red Port after Meals, the first mixt with Water is the best Solvent, or Diluent; the last sometime after Dinner, will promote Digestion, by assisting the Fibres of the Stomach, to act upon what is made fit for Digestion by warm Water and a little White-wine: To drink Red-wine with Meals, and White-wine and Water afterwards, would be as wrong, for Red-wine being rough, and astringent, would harden and bind the Food in the Stomach, and render it more difficult to be digested, and White-wine after Meals, will pall and rather hinder Digestion than forward it; for these Reasons, white is best at Meals, and red best after Meals.

It equally behoves Gentlemen, to be as choice in their Wine, as in their Meats, and as we are liable sometimes to exceed in both, let

us make free with that Liquor too, which is least capable to hurt us.

*Si bona Vina Cupis, quinque hæc laudantur  
in illis :*

*Fortia, formosa, et fragrantia, frigida, frisca.*

Schol. SALEM.

And after a Regale where we have a little exceeded our common Stint, 'twill be quite wrong, to lye down and sleep in an Afternoon, but more adviseable to ride, or walk ; sleeping after eating a large Meal, or taking a Glas too much, especially in an Afternoon, causeth Crudities, and many subsequent Disorders, as the same Author observes,

*Febris, Pigrities, Capitis Dolor, atque Catarrhus*

*Hæc tibi proveniunt ex somno meridiano.*

But after some moderate Exercise, 'twould be necessary to go to Bed by-times, taking nothing more than a Basen of Gruel, or Chicken-broth, and if any Heat, or Remains of this Excess should the next Morning disorder, it will be very right to take some Manna dissolved in in a Basen of Gruel, to use moderate Exercise, and to live very sparingly that Day: I recommend this to young Gentlemen, who only trespass now and then, and would willingly preserve a good State of Health, and enjoy the Comforts of Life in Moderation in order to enjoy them



them longer: But those who often indulge and frequently engage in such elegant Entertainments, avoid one Means of adding to the Evil, by not confining themselves to so strict a studious, sedentary Life, but use more Exercise, such as Hunting, Shooting, Ringing, Cricket, Tennis, &c. and well 'tis they do so, for the more we eat and drink, the more violent and lasting ought our Exercise to be, and that noble Exercise of Hunting, is not only the most delightful, but must be most serviceable, and consequently most healthful, as it obliges such as follow it to rise be-times, to take the Benefit of the morning Air, to ride hard, and often to sweat plentifully, which carries off in a great Measure the Injuries, which otherwise would ensue: It creates an Appetite for a fresh Engagement, and such Exercise as this, preferable to all other, will preserve a free Liver a long Time in tolerable Health, and keep off the Attack of many severe Disorders.

But such as grow tired of Exercise, must abate in Luxury, or they'll soon pay for it, by Illnesses collected from Humours, before carried off, while they continued Hunting, or some other Exercise equivalent to it. The last Hopes of such who have lived freely, and still will do so, after the disuse of Exercise, are Medicines, and if those wont do, they are forc'd to wind up with a painful *Gout*.

Dr.

Dr. Cheyne says, in his *Essay on Health and long Life*, “ ’Tis a shocking Consideration to “ think, how many, by observing a few Rules, “ would escape Illnesses, and often Death, “ who frequently to satisfy their Passions, and “ Inclinations, destroy themselves”. This he calls Suicide, or Self-murder.

And this is really the Case, by Regularity we escape Diseases, and by Irregularity we contract them.

Such as become lazy, and use no Exercise, but will still indulge and gratify, must endeavour to prevent growing Evils, by Setons, Issues, Bleeding, Purging, &c. with some cordial and stomachic Medicines; for the Deficiencies of Nature, if possible, must be made good by Art. Great Regard must be had to keep the Stomach clean, and the Viscera empty, and if any one Medicine, can perform many Cures, and prevent more Diseases, it must be such a one, as consists chiefly in Rhubarb and Bark. Indeed the *Nostrum-mongers*, who continually deal in wonderful Secrets, will tell you, that they have some one Medicine which is sure to prove a specific Remedy, for forty different Complaints, in as many different Constitutions.

These Sort of Dealers, find their Account much best answer'd by Advertisements, which set forth, how many Cures their Medicines



are infallible for, as thus they stand the better Chance to vend them, for by mentioning so many different Disorders, there are few, or none, that have any Complaint at all, but it is in their Catalogue, which is the Reason that amongst ignorant People, they dispose of so many of these wonder-working Remedies: But as I just now observed, a Medicine that will promote Digestion, strengthen the Coats of the Stomach, keep it free from Crudities, and at the same Time will promote one Stool, and rather inforce than weaken the Viscera, will do as many, if not more Cures, than any quack Nostrum in vogue, and will not be liable to the Mischiefs some are, which are given by the unskillful, and a Medicine to answer such salutary Purposes I shall offer, which is made as follows.

*Take fine Rhubarb sliced, one Ounce; best Bark in gross Powder, one Ounce and a half; Orange Peels cut small; Calamus aromaticus, Zedoary, Galingals, of each (sliced) two Drachms; Saffron, Cochineal and Salt of Wormwood, of each one Drachm.*

Let these Ingredients stand forty-eight Hours in three Pints of Mountain close stoppt in a Glass Vessel, then strain the Tincture off, and afterwards put half the Quantity of Wine, and let it stand upon the Ingredients for a Week; such whose Stomachs will not so well bear a  
strong

strong Menstruum, may put one Pint of Water to a Quart of Mountain-wine.

Two or three Spoonfuls, of this Tincture, taken upon an empty Stomach, early in a Morning, or very late at Night, will be of great Use, upon many Accounts; it must be repeated occasionally, and the Dose proportioned likewise.

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### C H A P. III.

#### *Of Persons far advanced in LIFE.*

**I** beg Pardon, for not joining the Opinion of some Authors, who at once alter from one Extream to another, in Persons who have lived very freely, 'till sixty and upwards; indeed in young People, 'tis right to wean them from Excess to Moderation, but when a Man is in the Decline of Life, and the Infirmities of old Age are added, to the Injuries of free Living, to deny such a one good Wine, Meats, Broth, &c. and at once, to reduce him to Milk, Pudding, Water and Vegetables, I think can't be right, for if a Man had all his young Days, been very regular, and abstemious yet when he arrives at seventy, he will stand in need of good nourishing Food and Wine to warm his Blood, and make his Heart glad, &c. and



much more, must such, who by Excess, have put Nature beyond due Bounds, and when attack'd with that incurable Complaint old Age, require Wine and good Food.

The Quantity and Quality of Food, should be alter'd, and proportioned according to the Age, Strength and Constitution of the Patient, what is sufficient for one, would not keep another from starving, and what some absolutely require to support them, 'tis impossible for some others to swallow; and the Valitudinarian, may as soon over-charge his Stomach with Chicken, as the strong, labouring, healthful Man, can with Beef, Pork &c.. The same is to be observed, betwixt the sedentary studious Person, and the Fox-hunter; the delicate and weakly, are to be more curious in the Choice of Foods, than the strong and robust, tho' the stoutest may exceed, and bring Illnesses on themselves. Those Meats abounding with more Salts, are most prejudicial, as they are hardest to digest, and when digested, from their being so loaded with Salt, are most productive of the *Scurvy*, *Rheumatism*, and many other Distempers.

All Things in their Season are most natural and best, and Providence has wisely order'd such Food, both animal and vegetable, at such Times as are most suitable to us. Lamb, Veal, Chicken, Asparagus, Sallads, Pease, Beans, with

with Fruit, Tarts, &c. are most agreeable Food in hot Weather, roast Beef, Pork and other grosser Meats, are better digested in Winter. At all Times and Seasons, we should alter our Diet; Gruel, Tea, Coffee, Milk-pottage, all or either of them may be good for Breakfast, yet a long Continuance of either of them, may pall and nauseate the Stomach, a Change is best, for our Appetites are fond of Variety, which makes it requisite to alter our Meats at Dinner, and the Manner of dressing them too.

A Man who labours hard, and fares hard, requires more Sleep, than Persons of refined, tender Constitutions, who use very little Exercise; and such Persons who would sleep well should eat little or no Supper, those who eat large Meals, drink in proportion, and sit up late at Night, when they are in Bed, have restless Sleeps, Uneasiness in an over-charged Stomach; and Nature instead of being refresh'd, is at labour to get rid of a Load, which is hurtful, and not beneficial, as is better express'd in the following Distich.

*Ex Magna Cœna, Stomacho fit maxima Pœna,  
Ut sis nocte levis, Sit tibi Cœna brevis.*

*Sch. SALEN.*

Aged People, and some young Persons, require Suppers, yet they must eat such Food,  
and



and such a Quantity, as they find will agree best with them, and what they do eat, should be two or three Hours before they go to Bed. Seven or eight Hours Sleep are sufficient for most People: Some Persons are apt to lye in Bed too long in a Morning, because they had little Sleep in the Night, this is a bad Custom, and those that indulge Morning Sleeps, will be sure to have none in the Night, our daily Watchings, Employments, and Labours, make Sleep as requisite, for a recruit of animal Spirits, to direct our Actions, as Food, to enable us to Act; and our Minds, or rather our Spirits, are most exhausted, when our Bodies are most fatigued. The Night is the Time appointed us to recover our Spirits, and to rest our wearied Limbs; every little Fibre, which has spent its Force in the Business of the Day must have a Time of rest, and every Nerve, which becomes unbended and relaxt by its animal Function, requires a Time to recover the Spring of Vibration, or Store of animal Fluid, as it is still a disputable Point, whether Sensation, is perform'd by the Vibration of the Nerves, or the Fluid they contain; but whether it is by one, or both, there must be a time of rest for Supply.

The wearied Cartilages, in which the Heads of the Bones move, are oil'd with a limpid Mucus, or I may say, contain in themselves, such a soft, liquid Substance to prevent the Abrasion

bration of the Bones, and facilitate their Motions, which Fluid is spent in the Day, and must be recruited in the Night; after Riding, Walking, or any Labour, or violent Exercise, we find a weariness, and stiffness in our Joints, which is not recover'd, but by Rest; to prove a Waste of this useful lubricating Liquor in the Joints, let a young healthful Man, after refresh'd by a good Nights Sleep, at his first arising in the Morning, be measur'd, and at Night, after a hard Day's Labour, measure him again, and you'll find him not so Tall by near an Inch, as he was when he was measured in the Morning. The same Experiment has been made before and after a hard Days Fox-hunting.

This Fluid, and the Substance of the Cartilages, are very much impaired, in Persons afflicted with the *Gout*, when the gouty Matter takes up its residence, and burns the Cartilages to a thick, hard, callous Substance, which makes them stiff jointed; as it is with old worn out Persons, whose Labour, and old Age, have deprived them of that lubricating Substance that before made them move quick and easy. So Persons depriv'd of Sleep, become heavy, dull, and stupid, for want of Rest to recover, and supply the Nerves.



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C H A P. IV.*Of the BRAIN and NERVES.*

**T**HE Nerves take their Rise from the Medullary Substance of the Brain, wrap'd up in the *dura* and *pia mater*, these Organs are fine Tubes, whereby Sensation is convey'd to, and from the Brain, where the greatest Philosophers think is the Residence of the Soul. The Situation of the Brain, is so wisely contriv'd, by the great Author of our Being, as our Eyes may instantaneously convey the Objects they discover, the Ear by sound, the Mouth by Taste, smelling by the Nose, feeling is more universal; all these different Senses are Communicated to the Sensorium, by their proper Nerves, which Nerves all arise from the Brain, and the *Medulla spinalis*; and these fine Tubes all contain a Fluid call'd the *Liquidum Nervorum* which is daily spent on all the Parts of the Body without any sensible Force or Impulse. By the Nerves all Impressions are made upon the Brain; and by them the Brain directs agreeable to such Impressions; for instance, if the Eye by the Optick Nerve conveys immediate Danger, we are instantaneously by the Nerves directed how to act, so by Hearing, Tasting, Smelling,  
and

and Feeling, which last may Comprehend the whole, as the Brain feels all impression as a Touch. And as some Nerves convey to the Brain, Matter for Thought, so other Nerves convey the determined Thought to all Parts, and our Actions are conformable to such Directions.

'Tis very evident that all our Actions are directed by the Nerves, and by tying up the Nerve which conveys the Direction of the Soul to any Part, that Part will become useless. For altho' a Limb be moved by Muscles and Tendons, they can have no regular Motion, without the Order of the Mind, which in an Instant is sent by the Nerve, which has the Government of that Part; the Soul, as a mighty Prince, seated on his Throne the Brain, at the Head of all the Nerves, receives Intelligence, and accordingly, gives Directions; and as all our Thoughts, Words, or Works, are directed by the Sensorium, and that direction is convey'd by the Nerves, the Nerves will require a Time of Rest, to recover and recruit that Nervous Fluid, so requisite for the Service of the succeeding Day; for which Reason, the Almighty hath appointed a Time of Rest, that the Brain, that grand Elaboratory of the Soul, might have Time to prepare a supply of Animal Spirits; or like the Strings of a well tun'd Instrument, the senses by Vibration, are convey'd: Those Strings in Time, will require a Cessation, and an Altera-

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tion to make the Musick harmonious, so the Nerves by long Thought, or Action, become undulated and relaxed, and must have a Time to recover their proper Tone.

'Tis very plain, that without Sleep, we cou'd recover but little Refreshment to our wearied Limbs, and our thinking Faculties without it, would soon cease; for when we are asleep, the Body and Mind are quiet and at rest, the Nerves are unwound, and laid by uselefs for a Time, until the Brain, from the arterial Blood, has prepar'd a fresh supply; and if the Communication of the Brain, and Nerves, were not interrupted, and unbrac'd, and a suspension from acting during the Time of Sleep, there would be no Sleep at all, without which, there could be no Rest for the Nerves, and no Recruit of their Fluid.

This Undulation of the Nerves, or an interruption betwixt them and the Brain, is the very Sleep; being for a Time deprived of all Sense, we are in a state as if we were not.

Persons in a fast Sleep, when call'd, pull'd, or jumbled about, are with some Difficulty awaken'd, and will give you incoherent Answers 'till they are perfectly roused, Nature being at Rest; and tho' unwillingness seems to proceed from the great waste of Spirits by Labour, or violent Exercise, untill they are recruited, we continue in a state of Insensibility.

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But since the Nerves are refresh'd, and the nervous Fluid recruited, to direct and order all our Thoughts, Words, and Actions; and this Recruit cannot be obtain'd without Sleep: we should have some regard as to the Time of sleeping, and the Continuance of it.

Besides an Excess of eating, and drinking, sitting up all Night is a very hurtful Custom, and he that gets happy and goes to bed by ten, does better (in regard to Health) than he who goes to bed sober, about two or three in the Morning. The appointed Time for Watching, and Rest, are adapted to our Constitutions, or our Constitutions to them, and altering of them are both unnatural and prejudicial.

No Complaint amongst us is more common than Colds, and upon the first Attack of any Distemper, a Person will say, I have catched Cold; and so light as some People make of Colds, they often introduce obstinate Diseases: These Colds we are more liable to in Summer, than in Winter, as our Pores in warm Weather are more open, and Persons unthinkingly, are apt, when in a Sweat, after Walking, or any other Exercise, to throw off their Hats and Wiggs, and at once expose themselves to the Air, not considering that the Pores are as ready to receive the bad infectious Particles of



the external Air, as they are to carry off any Humours, by Sweat, which Air, being returned through the Pores, while warm, insinuates itself into the Blood, and the noxious Particles of Air, make it viscid; which Viscidity encreaseth, 'till it produceth a *Fever*; but in order to prevent a *Fever*, Persons as soon as sensible of getting Cold, should take some small diluent to promote Sweats, to expel it, the same way they received it. Altho' we are more liable to catch Colds, in Summer than at Christmas, Colds got in Summer, are much easiest got rid of, though the Pores are, by being open, more apt to receive Colds, yet the Cold is more liable to be expell'd by the Pores in warm Weather, as Persons are then more subject to Sweat; which will be forwarded by taking a Draught or two, of small White-wine Whey, at Night going to bed, and more when in bed, with ten or twelve Drops of *Sal-volatile*. The Morning following, after taking a Breakfast, to ride or walk out, and if you find any Heat or Pain, bleed and take more Whey at Night, with *Sal-volatile* as before; and the next Morning some *Manna* and *Salts*, and live low, use moderate Exercise, and if it does not go off, bleed, and purge again.

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C H A P. V.

*Of Cold BATHING.*

**S**UCH Persons as are most subject to catch Colds, can take no better Method to escape them, than cold Bathing; but this must be always observed, never to go into cold Water when they have Colds, but after they are removed by bleeding and purging, and the Blood free'd from its morbid Viscidity, and the small blood Vessels unloaded, which after all Disorders, are weaken'd: Nothing is so proper, and likely to recover the Force, and Elasticity as cold Bathing, and the injured Parts, are not only restored, but the Blood is cooled, the Spirits refresh'd, the Stomach mended, the Viscera strengthen'd, and in short, the whole Fabrick receives Benefit.

As the Use of cold Bathing is improper for Persons whose Blood is viscid and tenacious, from Colds, so it is in any other Illness, where the Blood is so viciated, and those who expect Benefit from it, must guard against the Injuries of an improper Use of it, and bleed, and afterwards take Physick both to empty the blood Vessels and Bowels, which will prevent those Injuries, that may arise from an encreased Velocity of the Blood, by so great and sudden



a Spring which the Water occasions, upon the first Immerfion; but when the Veffels are emptied by bleeding, and the Bowels by purging, they are pretty fafe from fuch Inconveniencies. No Perfon ought to go into the cold Bath, with a full Stomach; and altho' bathing in a Morning fafting is moft advifeable, yet if they have been free over-night, and find any Fullnefs in the Stomach, they had better wait 'till the Remains of that Excefs is removed.

Its moft eligible to bathe in a Morning early, after a Walk or Ride, juft to warm, and gently to encrease the Motion of the Blood, not to heat themfelves, and go into the Water in a Sweat; for they fhould neither be hot, or chill, but moderately warm, to make hafte when they undrefs themfelves, and jump in, Head foremoft, to have a Rope, or Pole laid acrofs the Bath, which they may lay hold of, and by the Help of it, immediately quit the Water, and after a fhort Breathing to jump in again, which I would recommend a third Time; and then to be as expeditious as poffible, to wipe themfelves dry, and to put on their Cloaths &c. and afterwards to take a fhort Ride, or Walk, for about half an Hour, and then to Breakfast.

The Brain and Nerves are moft liable to fuffer from any violent Force, or Impulfe, which Perfons greatly hazard that jump into  
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the cold Bath, with their Feet first, whereby the Blood, with an augmented Velocity, is forced against the Mininges of the Brain, which may prove prejudicial; but this will entirely be prevented, by bleeding, purging, and jumping in Head foremost. Such as escape Damage from the first Bathing, seldom receive any afterwards.

Those that have lately recover'd from a Fit of Sickneſs, but ſtill weak, may uſe the cold Bath, every Morning for a Week, every other Morning for a Fortnight, and twice, or once a Week, as long as they pleaſe; we may be guilty of an Exceſs in bathing, as well as in eating and drinking, for by bracing, and winding up the Cords too tight, they will afterwards become ſlack, and never more recover their former Tightneſs, for this Reaſon, young Perſons, unleſs upon an extraordinary Occaſion, ſhould not be too free, with cold Bathing, for if young Perſons, uſe cold Bathing frequently, when they have little or no occaſion, when they come to arrive at fifty, and upwards, and ſhould then want the Aſſiſtance of a cold Bath, they would find very little Help from it, but ſuch who are far advanced in Life, and almoſt worn out by Age, will find great Benefit from cold Bathing. Nothing is more reſreſhing, and comfortable after a violent Fatigue, than cold Immersion, and was a Fox-hunter, after a ſtrong days Sport, to jump into a cold Bath,  
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he would be as able to take another Chace, as he was, when he set out in the Morning.

The Experiment was made by two Boys running a Race, the Boy who lost his Wager, after being plunged into cold Water, run the same Race, and won it by a considerable Distance.

The great Use of cold bathing in preventing of Illnesses, curing, or rather compleating Cures, I have, where I thought it requisite, recommended. Therefore 'twill be needless to repeat what I have already so often directed, I shall only say, were the good Effects of cold Bathing more universally known, I am confident it would be more universally us'd. It cures Agues both by Revulsion and Bracing, Rickets, Luxations, and other Weaknesses, by bracing and recovering the Tone of the Parts; if any Strain or accidental Weakness, happens to a Leg, or Arm, tis best relieved, by pumping upon the Part twice a Day, for by the Fall of the Water upon the injured Part, the Fibres, are constringed close together, and soon recover their Strength, but when the Complaint is more universal, bathing all over is best.

But such who neither bathe all over, nor pump upon any Part for a Strain &c. still may make cold Water of great Service, if as soon as they arise, they would wash their Mouths,  
rub

rub their Teeth, and gargle their Throats several Times, and after washing their Hands and Face, they would wash their Heads all over, with a Sponge, or throwing Water, with their Hands, or what is preferable, have their Heads pump'd upon. Washing the Feet often, especially in hot Weather, is of great Use, by preventing their being sore, and will render them easy and cool. Cold spring Water in a Morning is the best Lotion I know, for inflamed weak Eyes, that are attended with an hot sharp Humour: Frequently after the Small-pox, and other Distempers, for want of purging, I have known Persons who have had, such a corrosive Flux from their Eyes, which has not only inflamed, but excoriated their Cheeks; such Persons should bleed, and purge, and keep a Blister at the Neck, or behind each Ear, and to promote a Discharge by them, for ten Days, or a Fortnight, and at the same Time to wash them often, with cold Water, the Eyes being kept open; and those who have not sore, but weak Eyes, will strengthen them greatly, by frequently washing them with cold Water, and be a Means to preserve, a strong Sight to a good old Age.

I think after bathing, pumping, washing &c. tis most adviseable, expeditiously to wipe the Parts dry, tho' some Persons have not only put on their Shirts while wet, but have dip'd their Shirts in Water, and wore them dry, but



whatever good Effects others may find from wet Linnen, I should be unwilling to make the Experiment; besides we, by rubbing ourselves clean the Skin, and continue in some Degree, that Motion which the Blood was put into by Bathing. As some Persons can't be prevailed upon to use Bathing, such will do well, to use the flesh Brush, every Morning as soon as they arise, to remove that Scurf left on the Pores after Perspiration, and to open the cutaneous Glands, and to prevent an Obstruction of the Capillaries, and promote a free Circulation, requisite to preserve Health.

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## C H A P. VI.

### *On the Use of TOBACCO.*

**A**S some Time by Way of Amusement is spent, betwixt Meals, and Exercise or Employment, one of the most prevalent Customs, is smoaking Tobacco, it may not be improper to consider whether the Indulgence of a Pipe be useful or prejudicial. This *Virginian* Product, is of a hot, drying, poignant Nature, an Infusion of it, will both vomit and purge, but amongst us it is chiefly used to smoak, and some have so habituated themselves to it, as to be seldom without a Pipe in their Mouths, such as take it in a Morning fasting, do it under

der a Pretence, of bringing what they call, the superfluous Water off their Stomachs, some for a Pain in their Heads and weak Eyes, and others for flatulent Disorders in their Stomachs, so Persons who have contracted a Habit of smoaking, have as many Pleas for it, as Dram-drinkers have for Gin, &c.

Tobacco smoaked in a Morning fasting is prejudicial, by making Persons spit largely, which is thought by some to be helpful, but is absolutely prejudicial; for, instead of bringing any superfluous Water from the Stomach, they spit, that pure Saliva, which moistens the Mouth, facilitates the Motion of the Tongue, lubricates the Passage to the Stomach, and when it arrives there, by the Salts it abounds with, creates an Appetite, as it acts upon the nervous Linings of the Coats of the Stomach, provokes the Sensation of Hunger, which those who smook, or quid, very much lessen, and as they express, can work longer with a Pipe, or Quid of Tobacco, than a good Meal: But the Reason they say so is, their Appetites are lost, by a Deprivation of that salival Fluid, which is the principal Cause of Hunger, and altho', by removing the Cause of an Appetite, they can fast longer, without the natural Cravings for Food, they will soon be convinced, that Tobacco, without eating, will not enable them long either to follow Labour, or Exercise; but those who plead, that Tobacco

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keeps



keeps them from Hunger, will not say it keeps them from Thirst, but it makes them more so, and what Deficiencies arise, from want of eating, is most commonly made up, by drinking, or else the Advocate for Tobacco, would soon find a Decay of Strength and Spirits too.

As for those, who smoak immediately after Dinner, or Supper, don't do much better, for they spit off that Saliva, which they ought to swallow, as the Mouths of the salival Glands are open, by Mastigation, in order to moisten our Food, so they continue, for sometime open in order to help to digest that Food; and by spitting profusely after a Meal, we waste that Saliva so requisite for Digestion: Therefore as smoaking before Meals prevents an Appetite, so smoaking after Meals, prevents Digestion.

If any Sort of People can plead 'tis of Service to them, it must be the Corpulent, who commit an Evil that Good may come of it; they by smoaking after eating a large Meal, in a great Measure prevent receiving of Nutrition from that Meal, by hindering Digestion. But this Excuse can't be made by thin, dry Habits, who have no such Moisture to spare, and what in Time, will waste them into a Consumption and Death. All the Advantages, that arise from Smoaking, or that filthy Custom Chewing, that I know of, is that they promote the Wine and Ale Trade, which throws  
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many Persons into Fevers and other Illnesses, and makes well for Gentlemen of the Faculty of Physick.

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C H A P. VII.

*On the Use of SNUFF.*

**S**NUFF, which is Powder of Tobacco, or at least ought to be so, is of very little Use, yet is become very fashionable: Snuff, whether *Scotch* or *Rappee* being gross, is less liable to do Mischief; a little taken occasionally, after catching Cold, and the Rheum begins to discharge from the Glands, may be useful, but those who snuff up such large Quantities, as to deprive them of one of their Senses, must I think be defective in more, for they don't only lose the Use of Smelling, by clogging their olfactory Nerves, but they frequently swallow it, as many Persons have been known, to vomit large Cakes of Snuff, which must be prejudicial to the Stomach; besides plugging up their Nostrils and giving them the Snuffles, as if they were Martyrs to Dame *Venus*.

Of two Evils I would advise the least; and as for such, who have so habituated themselves to take Snuff, as 'tis a Matter of Difficulty to forbear it, let them take *Scotch* or *Rappee*, as they, by being not so fine as *Spanish* and some others



others, are not so liable to be hurtful. The chief Advantages arising from the Use of Snuff, as well as Tobacco, are, that they excuse some from Conversation who have but little to say, as it is quite requisite there should be some Hearers, and not all Talkers, in this Case, they have both their Uses; I have seen some very wise Gentlemen, when asked a Question, take out their Snuff-boxes, in order to gain Time for an Answer; and it is very useful, when some physical Gentlemen are asked the Opinion of the Patients Case, to make a long Pause, with a Pinch at their Noses, before they give their Opinion: And upon these Considerations, I can't say, but Tobacco and Snuff may indeed be useful!

## C H A P. VIII.

### *Of the three Principal EVACUATIONS.*

**T**HE natural Evacuations contribute as much to the Preservation of Health, when regular, as Moderation in eating and drinking do; and the three principal Evacuations, are Stools, Urine and Sweat.

The largest excrementitious Discharge is by Stool, and that is commonly in Proportion to Repletion. It may be sufficient for some moderate

derate abstemious Livers, to have one Stool in twenty-four Hours, and that at first rising in the Morning; others, by living more free, may have a Stool Night and Morning, or oftener, 'tis as it happens, tho' regular Persons of Health and good Constitutions, may by Custom, bring their Backsides to a Certainty. Some young, strong, healthful Persons, have only one Stool in a Day or two, which is commonly costive: I knew a Gentlewoman that had only one Stool a Month, and no more, for many Years, but she did sweat greatly, and her Urine was always turbid, she was a sober, regular, young, married Woman, and had three Children, when I knew her, which is eight, or nine Years since,

Your Wine bibbers, are commonly costive, as your Ale-drinkers are lax. 'Tis very lucky for those, who after a free Engagement, a Diarrhœa breaks out, which often prevents a Fever, and such Persons, who make free, for want of such a Discharge, are subject to Head-aches, Heat, and feverish Disorders, and who for want of this natural Purging, after a Debauch, will do right, to take some gentle Physick, to prevent any succeeding Evil. When the Grievance is in the Stomach, take a gentle Puke, but if it hath reached the Bowels, then purge: To such as are subject to be more lax than is required, riding is the best Exercise; as walking is for those who are too costive. Persons



sons should always, as much as possible, obey Nature's first Indications to Evacuation; for by too long a Retention of a Stool, some Inconveniences may thereby ensue, which they might have avoided.

The Urine is the next copious Evacuation, and this Discharge chiefly depends upon the Quantity of Liquids drank. The moderate, regular Person, who drinks little more than answers the Demands of Nature, may by Urine, evacuate about half the Quantity he drinks, such who take their Cups freely, will have oftener Demands, than those who drink sparingly, so there is no certain Quantity or Time for this Evacuation.

The turbid Urine, with a redish Cast, is a most pleasing Prospect in an Illness, as it denotes a Crisis, and promiseth by its Separation, great Reason, to hope for a Recovery of the Patient.

The Urine which has a Scum, swimming at the Top, is a Proof of the Blood abounding with large Quantities of Salts; tho' some Persons, suspect it worse than it really is, and think it threatens a Waste, or Consumption.

Persons of weak Nerves, make large Quantities of pale, limpid Water, which runs off so fast, as not to be colour'd, as that Water is, which is retained longer.

Foul bloody Urine shews a Person to be afflicted with Gravel or Stone; and Blood with Matter in Urine, are infallible Tokens of an Ulcer.

Such who perspire much, or have frequent lax Stools, make the least Water; as consequently, when one aqueous Discharge abounds another must lessen.

The Reason why some Persons, are more subject to nephritic Disorders, than others, is owing to the Condition of the Blood, as some Constitutions are more scorbutical, will breed Gravel and Stone with greater Aptitude, than those, whose Blood is more free from Foulness.

Persons who have the *Gout*, often are afflicted with the Gravel or Stone at the same Time, which makes it obvious to me, that the Gravel in the Kidneys, Ureter, or Bladder, is from the same Matter; Part of which falls into the Joints, and becomes a Fit of the Gout, and burns to a Calx; and that Part, of the gouty Matter, which lodges in the Kidneys, Ureter, or Bladder, there concretes and becomes a Stone: Which makes me think Persons who are afflicted with Gravel or Stone, tho' they have not the Gout, yet should take the same Method to prevent the Generation of that Matter, and the Connection of that Matter into Stone; as is recommended in treating the *Gout*.



A long Retention of the Urine is bad, and such whose Employ obligeth them to sit much, should often make Water; Persons who ride much are guilty of holding their Water too long, which Evil is increas'd, by heating those Parts, which makes them more apt to combine the slimy Particles together, and form either Gravel or Stone; the sedentary and studious, ought not to be unmindful how prejudicial a long Retention of Urine may be to them.

There are three Reasons, I apprehend, why some Persons are more liable to the Stone and Gravel, than others; and first, some persons who are scorbutical, abound more with a Sanies or Matter productive of such Disorders; others from a Defect, or a Difference in their Kidneys, which will admit of more gross Particles; others from a long retention of Urine, and many Collect them, from the Liquor they drink; such as new thick Malt-liquor, unboiled Water, &c Some will complain of old stale Beer giving them the Gravel, when it is the thick, foggy, mild Ale, that gives it them; and good sound old *October* which makes them sensible of it.

The Indians, whose Drink is chiefly Tea, are subject to neither Gout, Stone, or Gravel; the Reason is, they drink all boiled Water. Warm Water lately recommended to be drank at Meals, is certainly a great Solvent, and a  
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Promoter of Digestion, but by Way of Addition to the Use of it, I would have all Persons let the Water boil first, and then stand 'till it becomes of that Heat they should drink it; for by boiling of Water, it is made soft, and free'd from that hard petrifying Matter which breeds Gravel and Stone, if not the Gout; and those who have a Mind to be convinced of the Advantages of boiled Water, need only consult the Inside of a Tea-kettle that has been some Time in Use: Or else take from the same Spring, any Quantity of Water, put Part of it into one clean Skillet, and Part into another, boil one and not the other, and let them both stand twenty-four Hours, and that which has been boiled will have at the Bottom, a large Sedement of hard Dirt, or Gravel; and in the unboiled Water, there will be very little, or none; and this I take to be the Reason, why the Indians are not subject to either Gout, Stone, or Gravel.

Perspiration is the next principal Evacuation, by which the serous Part of the Blood and noxious Humours are discharged, as the more gross and heavy are by Stool and Urine. This Evacuation by the Pores contributes greatly to the Preservation of Health, and when obstructed, some Disorder ensues, frequently Colds when Persons are hot, who are too apt to expose themselves to Air, which enter the Pores, and obstruct the small cutaneous Glands, and



cannot be redress'd till Nature can extricate herself by Perspiration. There is a wide Difference betwixt insensible Perspiration and Sweats: Persons in Health always perspire more or less, tho' not perceptible. Sweats in Health are chiefly occasioned by Labour, or Exercise, which ought not to be continued long, or check'd too soon. Profuse Sweats, which proceed neither from Labour or Exercise, denote some preternatural Cause, or Illness, which must be properly treated, or will soon be attended with bad Consequences; tho' Nature sometimes, effects Cures by Sweats, yet we should not rely upon the whole Work to be accomplish'd by the Pores, if the Disease or Part of it, can be evacuated by Bleeding, Stools or Urine, as I have set forth, in treating of Fevers:



C H A P. IX.

*On the* PASSIONS *of the* MIND.

PASSIONS, such as excessive Joy, Grief, Anger and Fear, have great Influence on our Bodies, and occasion many Disorders; and we, (in order to keep ourselves in Health) ought, as much as possible, to guard against all Aggravations which may disturb, and ruffle that Peace, and tranquility of Mind, without which we can enjoy nothing as we ought, in regard to either our Souls or Bodies.

Passion, is, when the animal Oeconomy is disturbed by something opposite to the quiet Dispositions of the Mind, which make too great Impressions on the Brain, whereby the Nerves and Spirits are so disorder'd, that an Hurry and Confusion ensues; which are sometimes so violent, as to cause a Phrenzy, or even Madness: And how many Persons, from being too much elevated by Joy, or too much depress'd with Grief, have not only been totally depriv'd of their Senses, but their Lives too.

Persons of the best Health and Spirits, are most liable to Passions, and most likely to suffer by them; such Things, which will greatly affect either by Joy or Sorrow, should not at once be discover'd to the Persons they may affect, as sudden Surprises are often attended with dangerous Effects; the Momentum, or  
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Velocity of the Blood, being too much augmented, strikes with such force against the Inosculation of those small Blood-vessels of the Brain, as sometimes to be attended with as fatal Consequences as the most violent Concussion of the Brain; and Persons most likely to suffer, are strong, young Persons, healthful, and of a plethoric Habit.

Persons of more Discretion and less Spirits, bear Troubles or Joy best; true Philosophers are moved by neither, but of that sort, I doubt, there are but few, yet there are some sort of People, whose Impressions from Joy or Sorrow are not so violent, but more lasting, and if they are not at once depriv'd of Senses, or Life, yet are in time, by a long continuance of Grief, which wastes the Spirits, prevents an Appetite and Digestion, sours the Chyle, viciates the Blood and Juices to such a degree, that if we escape being destroy'd by any acute Disorder, we are sure to die by a slow, lingering Illness. Those that are fretful and uneasy, are commonly thin, meagre, pale visaged Persons, whose unhappy Composition makes them miserable to themselves and all about them; and such Persons are always complaining, and indeed are seldom or never well, either in Mind or Body.

There is another sort of Persons call'd Ideots, or Naturals, such whose Brain is neither capable of Impression, Retention, or Reflection, who never can be affected, either by Joy or Grief;

Grief; who are so happy as to know no Sorrow, and so unhappy as to enjoy no Pleasure.

But those Persons who are soonest put into Passions, are commonly the soonest out of them, and are the best temper'd People in general; yet these, as well as every Sort and Degree of Human Species, should arm themselves against Passion; for CICEERO says, *Ira presentè, nihil rectè fieri potest*. But the worst Sort of Passions, are such who are smother'd and retain'd for a long Time, with a design of malicious Revenge. In order the better to escape the bad Effects of Passion, we should divert our Minds by innocent Diversions, and harmonious Sounds.

*Tange Lyram Digitis, Animi Dolor omnis  
abibit,*

*Dulcisonum reficit tristia Corda Melos.*

I have laid down some Rules and Directions from the first Stage of Life to the last, in order to preserve good Health, and long Life, as well as pointed out how to escape many Illnesses which Excess brings upon most Persons: I have briefly consider'd what Food is most proper for different Persons, as well as Exercise, Amusements, and Diversions, as also what Regard ought to be had to Sleep, Evacuations, Passions, &c. chiefly in reference to my own Sex: I should be remiss as to that Regard I have for the Females, were I to be silent in offering my best Thoughts to their Advantage. I shall  
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conclude this Part of my Undertaking, with an Aphorism or two from the *Schol. Saler.*

*Si tibi deficient Medici, Medici tibi fiant  
Hæc tria, Mens hilaris, Requies, moderata  
Diæta.*

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## C H A P. X.

### *On the EDUCATION of Young LADIES.*

**I** shall step back to enquire how the good Woman does whom I left after the Delivery of a Son, and if she is likely to be the Mother of as hopeful a Daughter, as she was of a Son, I would recommend Miss, at a proper Age, to be put under the Tuition of some good, sober, pious Matron, who will take Care to make early Impressions of Virtue on her Mind, as well as to improve those requisite Accomplishments of a pretty young Lady; her Food should be light and sparing, her Exercise moderate, her Diversions innocent, and her Mind cultivated with virtuous and religious Principles, with mild, gentle Restraints, to check any little Appearance of Passion, and, with winning Engagements to encourage every Tendency to Improvement. Different Tempers must be dealt differently with, some must be won to Compliance, others by a mild Rebuke; let Encouragement be given to every little Overture to Goodness, and let every Thing that may tend to Ill be discountenanc'd.

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The early religious Impressions made on the Minds of Youth, should be initiated with all Tenderness, and not by Force, that gives some such a Dislike to good Things, as they are afterwards with great Difficulty brought to think well of. Tho' tis proper early to instruct Children in Matters of Religion, I think it improper, when they have committed a Fault, to make a Piece of holy Writ a Task, or Punishment: I have often thought (after teaching Children the Alphabet) some diverting innocent History would be more proper to teach them to read, than the Common-prayer, Testament, or Bible; and sometimes to introduce them as Encouragements and not as Tasks, and Punishments, which is too commonly done, and has given some such a Dislike, as never to read them after they come from School.

The Tempers of Matrons who have the Care of young Misses, ought as much to be consulted, as the Constitution of a wet Nurse; for as the Body is liable to be tainted by the Impurities of the Nurse's Milk, so is the Mind, equally liable, from the Tempers and Dispositions of a School-mistress. As the Mind is the better Part, great Regard should be had to improve its Beauties, and to make these pretty inoffensive young ones a Race of Blessings, and agreeable Help-mates, to answer the wise Designs of Creation, and these pretty Females, thus instructed, thus improved, will bear the Yoke with mutual Consent, will



sooth the Cares, alleviate Troubles, comfort the Distresses, and make a Passage thro' a troublesome World a pleasant Road to everlasting Bliss.

Such young Ladies as these need no Cautions against Excess and Luxury, and won't be liable to the many Disorders from thence derived, and need not the Precautions as are given to Gentlemen; but Females of mean Parentage, who want such Advantages of Improvement, and are exposed to Temptations, and bad Examples, may stand in Need of Advice, and Helps too, which the skillful will always be ready to give. But when our Minds are govern'd by Virtue, and our Bodies by Moderation, we then may hope to enjoy good Health, and Length of Days. Thus Religion and Temperance, will not only make us happy to ourselves, and useful to each other, but when Time shall have exhausted the last Drop of Oil in our Lamps, we may hope to be removed to a Life of everlasting Felicity.

F I N I S.

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Tincture of Rhu bar  
a most excellent Medicine  
Tonic taken regularly, and  
in small doses - John R

35 Carlisle St  
Lancaster

4th March 1822

